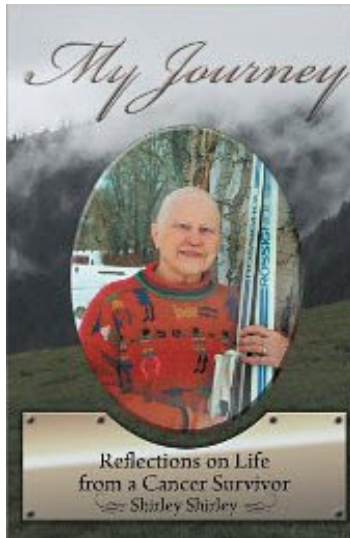


My Journey: reflections on life from a cancer survivor

Shirley Shirley. Published by [Westbow Press](#) 2012. ISBN-10: 1449748228. Contains 128 pages. Price US\$11:95 (soft cover).

I am reviewing this book as it was sent to the *NZMJ* and five other people claimed to be too busy. This is a short book of poems written by an American author during her treatment for breast cancer. It covers different periods in her cancer journey from diagnosis and management to subsequent reflections on her experience.



I would like to say something positive about this book as we all recognise the suffering of many with cancer, so that when they write we assume they might do so to share the experience with others.

The book is a very personal account of her life and as such the voyagism may appeal to some, however I suspect most will find it not that interesting. It may have been cathartic to the author to write about their cancer experience however I am not certain their experience is that interesting to many others.

The poetry may appeal to some but didn't do it for me. If this appeals to you perhaps the book is for you. The book is soft cover and short (116 pages), well bound and good page quality

“Bob”

You have always been here for me,
Though little is sometimes said.
Your subtle humour and your evenness and calm
Give me strength.
Through years of family,
Months of cancer treatment,
You have been by my side.
Did I thank you for your support?
In addition to your encouragement
You gave me freedom
To just be me.
Your steadfast love
Gives me inner strength,
The joy of sharing an
Everlasting love.

Frank Frizelle

Professor of Colorectal Surgery

Editor in Chief, New Zealand Medical Journal

Head of the Department of Academic Surgery, University of Otago, Christchurch, New Zealand.