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[BOOK COVER]

Author's Cancer Journey Inspires Others After Her Death

April 1, 2022 (Scottsdale, Ariz.)...It is often said that those diagnosed with terminal cancer have “lost their battle” when they die of the disease. In November 2015, author Gayle Henderson was diagnosed with stage IV breast cancer. She passed away on Nov. 9, 2020. But that’s not the end of her story. Her courageous fight continues after her death inspiring others through her book, *Living with Cancer: Life’s Big Lessons in Small Doses*.

Living with Cancer offers guidance and tips, both practical and spiritual, for patients and their caregivers navigating their way through this disease.

“The story is not a classic journal or diary. However, it is my own story, told for the sole purpose of my commitment and obligation to share for the benefit of others,” wrote Henderson. “In this book, we will mutually gather strength as we walk together.”

Living with Cancer is far more than one woman’s memoir of her experience with a terminal illness. The book contains many resources such as space to write down meaningful thoughts in a gratitude list, a “simplify your life” checklist, recommended medical reports and other items to bring to make appointment days easier, as well as a comprehensive list of sources for further information. Prompts throughout the book also invite the reader to deeper contemplation.

Henderson drew on her Christian, and later, her Catholic faith for strength, particularly the works of St. Ignatius of Loyola. Through his “Daily Examen,” also known as “Reimagine the Conscience,” her guide invites those seeking a closer relationship with God and all humanity to develop a conversational yet meditative style of mindfulness through five easy and thoughtful reflections.

Beyond faith, Henderson’s book walks readers through such considerations as integrative medicine, nutrition, music, interpersonal relationships, and even personal technology to impart hope and acceptance of their individual healing path.

“Gayle has created an empowering and uplifting guide for those journeying with cancer,” says J.C. Beichner, award-winning author of *Grace in Progress: Prayers for the Beautifully Broken*, and personal friend of Henderson. “The book is a practical, heartfelt and supportive contribution to the resources of any patient facing the question: ‘Now what do I do?’”

Henderson’s last hours were spent in a hospice, having contracted COVID-19. Unable to visitors due to pandemic restrictions, a friend visited with her by video-chat on the phone and sang to her a beautiful prayer. Just 20 minutes after the call ended, Henderson passed peacefully.

Henderson wrote:

I am amazed and humbled how frequently others describe me as courageous. It was only when I heard the term courageous that I decided to explore not only what that meant to me but also how I could help you and others find courage, perhaps even if, for the first time, you’re confronting the prospect of its existence. ... If our purpose in life on earth is to take care of and look after one another, then self-love is a must. Then and only then can you give to someone else in a position of service.

The act of writing this book for Henderson gave her purpose and strength, and her last wish was to share it with readers.

About the Author:

ISBN:

Additional Formats:

Price:

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