

CHAPTER 1. YOU'VE FOUND A LUMP... 1

- Every woman who finds a lump in her breast fears that she has breast cancer – and that she may not survive
- It is vital to find out as quickly as possible whether or not your lump is breast cancer
- Women who have never had a lump in their breast have no idea how you're feeling

CHAPTER 2. BREAST CANCER IS NOT YOUR FAULT 7

- No-one knows what causes breast cancer
- You are not responsible for your breast cancer
- You don't have to feel guilty about any increased risk to your daughter
- Lumps sometimes get missed – it's not your fault

CHAPTER 3. YOU DON'T NEED A MEDICAL DEGREE TO SURVIVE 15

- There's a middle ground between playing the role of helpless bystander and carrying an unwelcome weight of medical responsibility
- When you have faith in the people who will be taking care of you there's no need to feel embarrassed about accepting their opinion
- Do as much or as little research as you need in order to feel comfortable

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- Life goes on
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- Don't expect to suffer – you probably won't

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- Dieting is another word for unhappy eating

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- You can choose to be a happy eater

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