

Small Selection of Available Reviews & Testimonials

Medical & Support Professionals

This is a book that can make a real difference in the lives of cancer patients from all walks of life, and one that I would certainly recommend to patients to incorporate as part of their recovery process.

Susan Adams, oncology educator, Brisbane, Australia - reviewing for Cancer Forum, Cancer Council Australia, Volume 31 Number 3

Life, Happiness ... & Cancer comes with our highest recommendation ... Research has shown that for a significant percentage of patients, the emotional challenges of a cancer encounter can be as trying as the physical and treatment effects. Since some degree of emotional distress is a natural consequence of cancer for all patients, this book is a valuable adjunct to the medical treatments you may receive. **Dr Andy Simpson, Clinical Director, Wellington Blood & Cancer Centre, NZ**

This has proved such a valuable tool for all our cancer patients, not just those living with lymphoma. We constantly have to increase stocks in our lending library to meet demand and having read it, I'm not surprised! **Pru Etcheverry, Executive Director, Leukaemia & Blood Foundation of New Zealand**

This is a wonderful resource for patients, families and health care professionals, and we will certainly recommend it to people. **Merridee Sargent, National Breast Health Educator, The New Zealand Breast Cancer Foundation**

I heartily recommend this sensitive, practical and life-affirming guide to dealing with the complexities and uncertainties of cancer. **Dr Roger Booth, PhD, Associate Professor in Immunology and Health Psychology, University of Auckland**

I highly recommend Phil Kerslake's book ... his beautifully written way of providing helpful information will be of great benefit to others facing a cancer experience. **Doreen Akkerman AM, Board Member, International Cancer Information Service Group and Director, Cancer Information and Support Service, The Cancer Council Victoria, Australia**

It's a terrific book! It's reader-friendly, knowledgeable, and calm yet inspirational. **Dr Jeff Kane, MD. US author of *How to heal* and world-renowned cancer support group facilitator**

Cancer Survivors' Written Feedback

I have found your book to be so encouraging and easy to read with down-to-earth practical advice ... it has really helped me to understand and cope with this illness as I'm sure it will help many others. **Shonamarie O'Brien, Tauranga**

... Upon my diagnosis I knew that I was facing a psychological battle as much as a physical one... Your book was THE ONLY ONE I needed. I no longer stoop like a victim. I am incredibly optimistic about the future and shall remain eternally grateful to you for writing such a wonderful book. **Lorna Johnson, Timaru**

I am writing to thank you for that godsend of a book you wrote *Life, Happiness and Cancer*. It has reiterated many of my own life survival skills which I have learned through various battles and will lead me to develop more, for this I thank you. **Trevor Morrison, Napier**

Every page, every word, every sentence, I get something out of. Thanks again - you give us all massive hope. **Yvonne Robb, Gisborne**

It is a book that I will always keep with me so that I can use it as a reference and a reminder ... Thank you for taking the time to write it, and giving so much of yourself away to others like myself. **Martin Bailey, Auckland**

Thanks deeply for your book *Life, Happiness ... & Cancer*. It has been so helpful for me, and other people facing cancer. **Rosemary Christiansen, Waikanae**

I have gained great inspiration from your book. I hope that others get the chance to read it early on in their treatment plan. **Chris Stewart, Auckland**

Your book gives the reader a huge range of choices, but above all it's such a relief to straight away know that you've *been there* (many times too!). No-one understands like you do. **Lynda Going, Tutukaka**

I love your book. Thank God you wrote it because it has become my bible. **Katrina Hands, Tauranga**

Book Review Excerpts

"*Life, Happiness and Cancer* is inspirational, and will give hope and heart to everyone who has been told the dreadful news." **Northern Advocate**

"... a practical 'nip at your heels' book that motivates and inspires to get your health act together ... Kerslake leads the way through the maze of current treatment options in a clear, uplifting reminder that our biography becomes our biology." **Warwick Roger's 'Best of New Zealand Books', North & South Magazine**

"... Treading on delicate territory, he is never presumptuous, yet always positive... Friends who have lived through cancer recommend this book. What higher praise could there be?" **Upfront U Kaiora - Breast Cancer Network NZ's Magazine**

"It will enhance your ability to cope, enhance your tolerance, stimulate your body's natural healing mechanisms to function better and help you to develop and maintain a viewpoint to keep you positive." **Healthy Options Magazine**

"For once the book promo doesn't exaggerate. Phil Kerslake really is the consummate cancer survivor ... The Cancer Society supports the book; as well it might as it is an important source of support measures for cancer patients and their families ... Kerslake's work deserves to be a bestseller." **Wanganui Chronicle**

"This is a fascinating area of research ... The book is largely about how to achieve happiness and peace despite one's health or situation, and he describes many practical methods of achieving this ..." **Dr Leo Revell, MD, Waikato Times**

"... a book heavy with positive counsel and from-the-heart guidance ... Phil's words will bestow both important information and resilient affirmations for your circumstances" **Pink Magazine**