



When Words Heal: Writing Through Cancer

By Sharon A. Bray

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An insightful and useful book for anyone whose life has been touched by cancer, *When Words Heal* explores the power of words to heal. Dr. Sharon Bay provides step-by-step instructions for those wanting to lead a writing group for women living with cancer, or for those who simply wish to write through their experience of cancer. With her compassionate and informative manner, Dr. Bray structures each chapter as a writing session. Each chapter includes writing exercises, support resources, interviews with cancer survivors, and excerpts from a number of cancer survivors' writings. By writing through cancer, readers discover the resilience of human spirit and create a supportive community. Writing and telling a story in a supportive environment releases something deeply vital that can heal each person, even when it can not cure. Readers can not help but be touched by the words of other cancer patients, and, in the gentle and encouraging voice of the author, be inspired to help others write their stories.

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Editorial Review

Review

"*When Words Heal* provides a comforting voice for people dealing with cancer. Drawing on a wealth of experience, Sharon Bray offers a number of exercises that encourage people to translate their thoughts and emotions into words. This is a wise book that relies on both scientific and personal knowledge."

—James W. Pennebaker, Ph.D., author of *Opening Up: The Healing Power of Expressing Emotion*

"*When Words Heal* is a practical yet sublime resource for anyone touched by cancer or intrigued by the intersections of healing and writing. Bray's book is the definitive guide to creating and nurturing a cancer writing group."

—Audrey Shafer, MD, director of Arts, Humanities and Medicine Program, Stanford Center for Biomedical Ethics

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