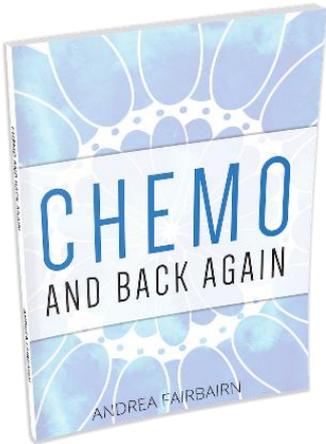


# INFORMATION SHEET



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## ***Chemo and Back Again: Information and Inspiration for the Chemo Journey***

**by Andrea Fairbairn**

### **About the Book**

Cancer is hard but chemo can be harder. Cancer changes everything. Relationships change, bodies change and our worlds change. A cancer diagnosis can make us feel alone as we face fears of dying, the unknown and what will happen to 'me'. Add to that, a fear of cancer treatments and their side-effects.

**CHEMO AND BACK AGAIN** provides guidance and tips on how to 'do' cancer, chemo and recovery. Andrea Fairbairn shares her experience of cancer, chemo and recovery from the heart, showing you what chemo and cancer are really like and what you can expect. It is full of practical information and tips, along with real-life events and diary entries, all showing how to get through cancer and chemo and make it as easy as possible.

Author Andrea Fairbairn shares what she learned from her experiences with cancer treatment to make the path easier for others. She believes that life should be as joyful and peaceful as possible during and after cancer treatment. For those fortunate enough to survive, cancer may in retrospect be a positive life event, though it rarely feels like it at the time.

### **About the Author**

Andrea Fairbairn is a Samoan-Kiwi writer and an international aid worker, policy analyst and cancer advocate who lives in Wellington, New Zealand. She was diagnosed with breast cancer in 2007 and again in 2011. Andrea is passionate about providing resources, support and hope to people affected by cancer. She runs the website The Joy Agency [www.thejoyagency.org](http://www.thejoyagency.org)

### **Review**

**CHEMO AND BACK AGAIN** is a great book. People have remarked that there is something valuable about the shared experience they feel on reading the book – something their friends and family who haven't had cancer 'just don't get'. It is a well-written account that captures the real-life experiences Andrea encountered. She gives practical tips throughout the book along with excellent information and a lot of reflection on how she managed. Highly recommended. **Julie Holt – Cancer Information Nurse, Cancer Society of Wellington, New Zealand**