



## Divine Elegance by Deirdre LLC

Bridal Consulting & Event Planning

Presents

*A Bridal Showcase Spectacular*

WHERE LAVISH STYLE & ELEGANT DETAIL  
MEET DISTINCTION

Sunday September 12, 2010 at 1:00pm

Quality Inn

815 Route 37 West, Toms River, New Jersey



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**DAVID'S BRIDAL RUNWAY FASHION SHOW**

\*High End Wedding Professional Exhibits \*Exquisite Tablescape  
\*Live Entertainment \* Sample Signature Dishes\*Win Excellent Prizes & A Honeymoon

**\*FREE ADMISSION\***

**ADVANCE REGISTRATION AT**  
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**SEATING IS LIMITED**

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*A Bridal Consultant is Not A Luxury...It's A Necessity!*

## Ocean County Woman's Book Corner - Book Reviews

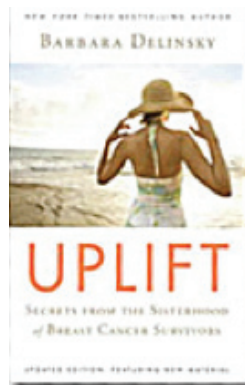
### Uplift

By Barbara Delinsky  
From Publishers Weekly

Delinsky (A Woman's Place), a prolific popular novelist, lost her mother to breast cancer and is herself a survivor of the disease. This practical guide is a worthy addition to recent literature about how individual women deal with this illness, like Jennie Nash's *The Victoria's Secret Catalog Never Stops Coming*. Delinsky has collected a compendium of survival secrets "that have nothing to do with doctors, machines or drugs and everything to do with women helping women" that she wished had been available to her when she was diagnosed in 1994. She offers short personal anecdotes contributed by breast cancer survivors of every age and background. They recount the strategies that helped them through all aspects of cancer, including diagnosis, treatment, support groups and how to best conduct relationships with family, friends and in the workplace. Almost everyone will find something in this varied advice that applies to her particular situation. Several women, for example, thought that hiring a professional to clean for them was extremely beneficial during draining treatments, while another found the mindless "therapy" involved in weeding the garden helpful. Delinsky also contributes several reminiscences, e.g., of her determination to remain physically strong and emotionally healthy after her diagnosis.

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--This text refers to the Hardcover edition.



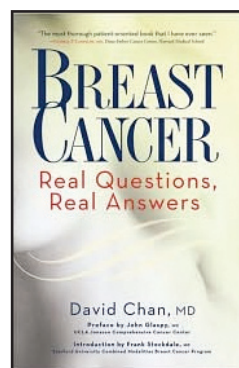
### Breast Cancer

By David Chan, M.D.  
Product Description By Amazon

A breast cancer diagnosis is a scary experience, and women are often left feeling confused about their options, fearful of their future, and full of questions. Uniquely structured as a Q&A between patient and doctor, *Breast Cancer: Real Questions, Real Answers* provides you with an easily navigated, completely current resource for all of your questions. In compassionate and straightforward language, Dr. Chan, one of the nation's leading specialists, discusses:

- What breast cancer is and why you have it
- Who should treat you and how to choose a medical team
- Your options for breast surgery and reconstruction
- How to select your surgery, radiation, hormonal therapy, and chemotherapy
- Lifestyle changes that could increase your chances of recovery
- Advice regarding symptoms, stress, clinical trials, and much more

Complete with firsthand stories from many of Dr. Chan's patients and an appendix of useful resources, *Breast Cancer: Real Questions, Real Answers* is a trusted guide that you'll refer to time and again during your struggle with breast cancer and on your road to recovery.



### I Am Not My Breast Cancer

By Ruth Peltason  
From Publishers Weekly

Peltason, an editor and breast cancer survivor, founded and hosted the First Person Plural Web site project, an online forum for women facing the disease. Their dialogue provides the content for this book, culled from the entries of 800 women across the U.S. and around the world. Peltason organizes the material into three general parts: Diagnosis, Living with Breast Cancer and The Big Picture, with such subtopics as Sharing the News, Being Womanly and Anniversaries and Milestones. Participants use screen names for privacy, approaching their disease with candor and freely discussing their feelings about their bodies and their relationships. At times, those overcome by anger and fear far outweigh those with a bright outlook, but when these survivors look in the mirror at the conclusion of the text, many envision a hopeful future. Perhaps the most poignant entries are from younger women, some of whom have been driven into early menopause and infertility by chemotherapy. Although this is an informative book, some survivors may discover that these raw entries churn up disturbing emotions; others will find comfort in these voices, and in the knowledge that they aren't alone—either in their sorrow or in their strength and courage. (Feb.)

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