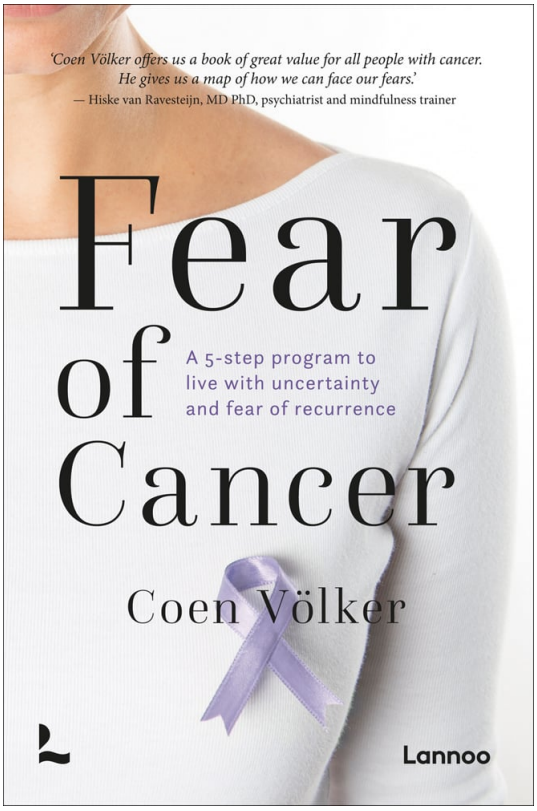
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Fear of Cancer

A 5-step program to live with uncertainty and fear of recurrence

Coen Völker

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When people are faced with cancer, fear is common. After the initial shock of diagnosis and medical treatment, people want to pick up their life again. This is not always easy. Fear of cancer recurrence and fear of cancer progression can have a strong impact on life, even when there is a good medical prognosis. It is understood that worry and anxiety is normal, but not many people know what you can do about it. In this book you will find a 5-step program that will guide you. You will be learning to work with uncertainty and fear and develop new ways to cope with stress.

"Coen Völker offers us a book of great value for all people with cancer. He gives us a map of how we can face our fears." –Hiske van Ravesteijn, MD PhD, psychiatrist and mindfulness trainer

"In his book, Coen Völker shows how engaged he is to guide and support people with cancer throughout difficult and fearful times. It is filled with lots of practical examples, metaphors, inspirational quotes and a clear-cut program that helps people with cancer and caregivers to deal with fears that are inherently connected with the uncertainty that this disease brings along. I recommend this book to all people with cancer who struggle with fear and anxiety but also to caregivers who want to guide people with cancer in how to deal with uncertain times". – Nathalie Cardinaels, Clinical Psychologist, Cognitive Behaviour Therapist, mindfulness & heartfulness trainer and author on topics surrounding cancer.

Coen Völker (MSc) is a psychologist who has been working in cancer care since 2000. He teaches patients and professionals and has written on cancer care and mindfulness. He is co-author of the Dutch book *Angst na Kanker* (2018) and created an English podcast called *A 5-Step Program for Fear of Cancer* (2019). He works at the Helen Dowling Institute and the Radboud Centre for Mindfulness. He has a private practice for education & supervision and lives in the Netherlands.

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