The What’s Next For My Life™ Companion Journal For Newly Diagnosed Patients helps normalize the experience and provides tools to process and manage the emotions of the experience.

The “we want you to know from fellow cancer survivors” themed journal features wisdom from other survivors around key emotional issues like:

- What to expect emotionally during treatment
- Who, when and what to tell people
- How to bring humor and hope to the forefront
- Making healthy decisions

The full color, wire bound book includes journaling prompts that support replacing negative emotions with positive. It can reduce feelings of stress, isolation and loneliness in newly diagnosed and on-treatment patients in conjunction with medical treatment.

The journals are ideal for cancer treatment centers, oncology practices and support organizations as part of their patient care programs, and a PHARMA compliant product that is ideal for sponsorships. Special discounts and customization options are available.

The journals can also be purchased by individuals.

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What’s Next For My Life, Inc. workshops and support products are offered at cancer treatment centers, support organizations and via teleconference to participants around the country. Visit our site for more information.