

Mood-boosting books for during or after treatment for cancer

The Reading Agency's **Reading Well Mood-boosting Books** scheme is a national promotion of uplifting titles, including novels, poetry and non-fiction. The books are recommended by readers and reading groups around the country.

Macmillan Cancer Support were asked for recommendations from people who have been diagnosed with cancer.

Below is the list of 20 titles that they have suggested.

Most of the books are not specifically about cancer but have been recommended as books that people found mood-boosting during or after treatment.

- *Adrian Mole: The Prostrate Years* by Sue Townsend
- *Aphrodite's Hat* by Salley Vickers
- *Being Alive* edited by Neil Astley
- *The Best Exotic Marigold Hotel* by Deborah Moggach
- *The Camomile Lawn* by Mary Wesley
- *Chocolat* by Joanne Harris
- *Driving Over Lemons* by Chris Stewart
- *The Dud Avocado* by Elaine Dundy
- *Eat, Pray, Love* by Elizabeth Gilbert
- *Hector Finds Time* by François Lelord
- *Jamie's Ministry of Food: Anyone Can Learn to Cook in 24 hours* by Jamie Oliver
- *Julie and Julia: My Year of Cooking Dangerously* by Julie Powell
- *The Last Runaway* by Tracy Chevalier
- *My Boy Butch: The Heart-warming True Story of a Little Dog Who Made Life Worth Living Again* by Jenni Murray
- *Of Mutability* by Jo Shapcott
- *Restless* by William Boyd
- *Starter for Ten* by David Nicholls
- *This Book Will Save Your Life* by A.M. Homes
- *Travels with My Aunt* by Graham Greene
- *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce

NB You can request these at your local public library.

Resources for people who have been diagnosed with cancer

Useful Websites

CancerHelp UK <http://cancerhelp.cancerresearchuk.org>

Provides reliable, easy to understand patient information from Cancer Research UK: facts about cancer and treatment choices.

Macmillan www.macmillan.org.uk

Provides information and support to anyone affected by cancer.

Marie Curie www.mariecurie.org.uk

A comprehensive cancer care charity, caring for people with cancer and other life limiting illnesses. Services are free of charge to patients and their families.

Wessex Cancer Trust <http://wessexcancer.org>

Provides support, education and information to adults, teenagers and children living with cancer and for their families and carers.

Patient UK

General information on all cancer types www.patient.co.uk/health/Cancer-A-General-Overview.htm

NHS Choices. Cancer: end of life care

www.nhs.uk/livewell/cancer/pages/endoflifecare.aspx

Gives general advice and links to other organisations and resources.

NB For specific health information please contact your GP or other healthcare professional.

For further information on health resources please contact the libraries:

library.basingstoke@hhft.nhs.uk 01256 313169/3182; library.winchester@hhft.nhs.uk 01962 824420, your Health Champion, or Meyrem Rawes-Enver Meyrem.Rawes-Enver@hhft.nhs.uk in H4W.