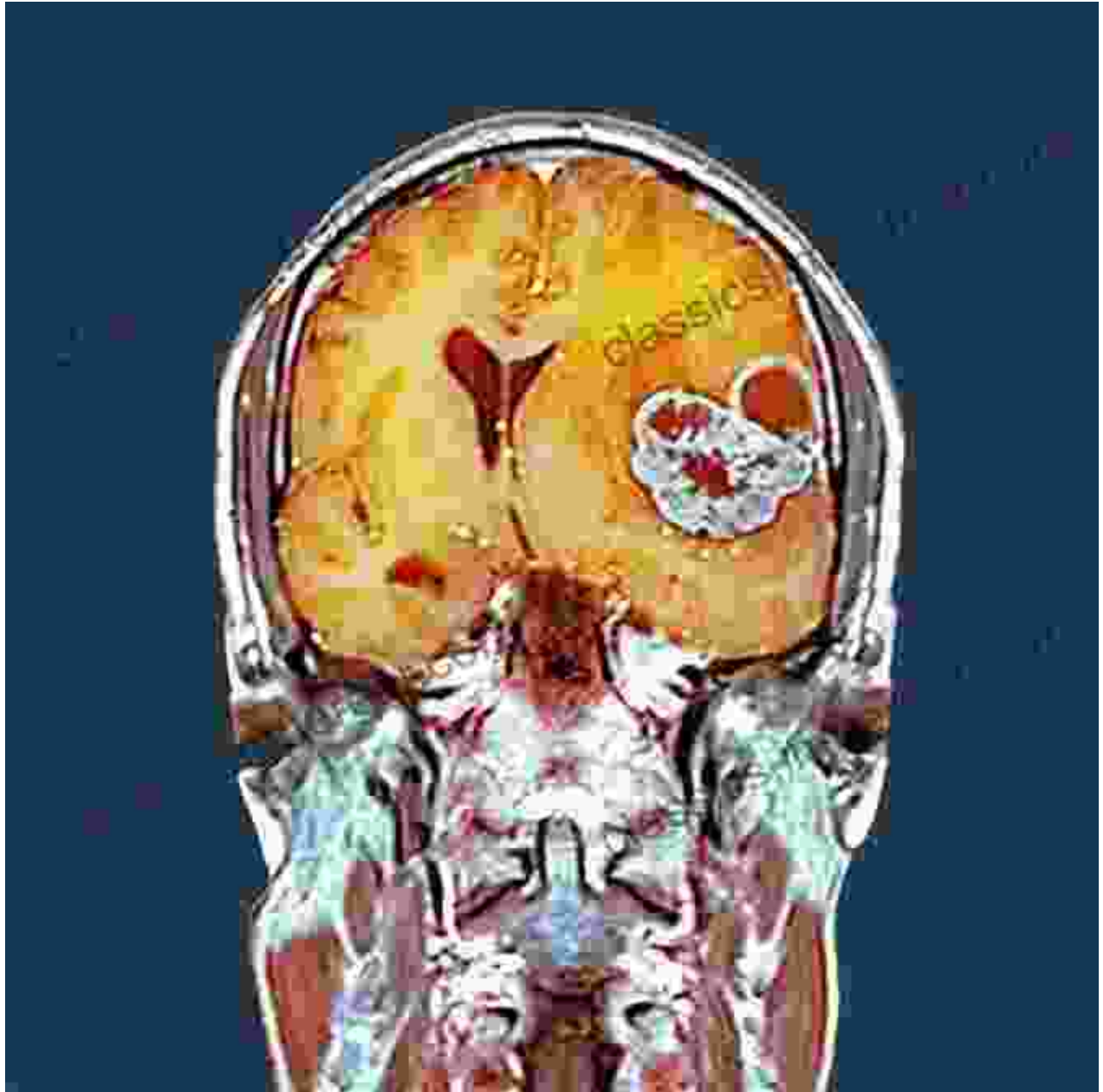


# This Is My Tumor: A Journey Through Cancer, Body Image, and Acceptance



In *This Is My Tumor*, author and cancer survivor Melanie Hamlett chronicles her journey through cancer, body image, and acceptance. Hamlett was diagnosed with a brain tumor in 2013, and she underwent surgery,

radiation, and chemotherapy. During her treatment, she experienced a range of emotions, including fear, anger, and sadness. She also struggled with body image issues, as the tumor caused her to lose her hair and gain weight. Hamlett shares her story with honesty and humor, and she offers hope and inspiration to other cancer survivors.

## A Cancer Survivor's Story

Hamlett's story is one of hope and survival. She was diagnosed with a brain tumor in 2013, and she underwent surgery, radiation, and chemotherapy. During her treatment, she experienced a range of emotions, including fear, anger, and sadness. She also struggled with body image issues, as the tumor caused her to lose her hair and gain weight. However, Hamlett never gave up hope. She fought through her cancer treatment, and she is now cancer-free. Hamlett's story is an inspiration to other cancer survivors. It shows that it is possible to overcome cancer and to live a full and happy life.



### **This is my Tumor: A simple & upbeat picture book about a dumb cancer tumor.** by Nicole Reed

★★★★★ 5 out of 5

Language : English

File size : 139390 KB

Screen Reader : Supported

Print length : 40 pages



## Body Image and Cancer

Cancer can have a significant impact on body image. The treatments for cancer can cause side effects that can lead to changes in appearance. These side effects can include hair loss, weight gain, and scarring. These changes can be difficult to accept, and they can lead to feelings of shame and embarrassment. Hamlett struggled with body image issues during her cancer treatment. She lost her hair, and she gained weight. She also had to deal with the scars from her surgery. However, Hamlett learned to accept her body for what it is. She realized that her body is a survivor, and that it is beautiful in its own way.

## **Acceptance**

Acceptance is a key part of the cancer journey. It is important to accept the diagnosis, the treatment, and the changes that cancer can bring.

Acceptance does not mean giving up. It means coming to terms with the reality of cancer and finding a way to live with it. Hamlett learned to accept her cancer. She accepted the diagnosis, the treatment, and the changes that cancer brought to her life. She also accepted her body for what it is. Acceptance allowed Hamlett to move forward with her life and to find happiness.

## **Hope and Inspiration**

Hamlett's story is one of hope and inspiration. She shows that it is possible to overcome cancer and to live a full and happy life. She also shows that it is possible to accept the changes that cancer can bring and to find beauty in them. Hamlett's story is an inspiration to other cancer survivors. It offers hope and encouragement to those who are struggling with cancer and its aftermath.

## **About the Author**

Melanie Hamlett is a writer, speaker, and cancer survivor. She was diagnosed with a brain tumor in 2013, and she underwent surgery, radiation, and chemotherapy. Hamlett has written about her cancer journey in her book, *This Is My Tumor*. She also speaks about her experience to groups of cancer survivors and their families. Hamlett is passionate about helping others to find hope and acceptance after cancer.

#### Reviews:

- "This Is My Tumor is a powerful and inspiring memoir about one woman's journey through cancer. Hamlett's writing is honest, raw, and often funny. She shares her story with a candor that is both refreshing and heartbreaking. This book is a must-read for anyone who has been touched by cancer." - Publishers Weekly
- "Melanie Hamlett's *This Is My Tumor* is a beautifully written and deeply moving memoir about her journey through cancer. Hamlett's story is honest, raw, and inspiring. She writes with a candor that is both refreshing and heartbreaking. This book is a must-read for anyone who has been touched by cancer." - Booklist
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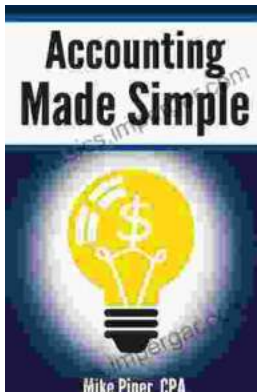
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