



FACING THE TIGER

A Survivorship Guide for
Men with Prostate Cancer
and their Partners

Professor Suzanne Chambers AO

Health Psychologist

“As the son of a prostate cancer survivor, and a father facing the same risk, I recommend this book to you. It is a powerful reminder that the future is always uncertain, but you’re not alone in the struggle.”

Foreword by Matt Hayden AM

It's tough living with a diagnosis of prostate cancer. While the disease has one of the highest survival rates of any cancer, the side-effects of treatment can be life-long and take a heavy toll on men's mental health.

Of the nearly 230,000 Australian men who are living in the aftermath of a diagnosis, many will experience anxiety and depression, sometimes long-term. Not all will seek help for their mental health needs.

So too for those who know them and love them – life is often never the same.

This book will give you practical strategies to manage stress and anxiety, improve health and wellbeing, navigate tough challenges, and to find a sense of ease about the situation in which you find yourself.

Written by one of the world's foremost experts in the psychology of cancer, it is structured so that you can choose whatever chapter seems most relevant to your present situation.

First released in 2013, it has been updated with new contributions and additional chapters for this new edition.

The book shares personal stories and insights from Australian men and their partners in plain-speaking style, offering emotional comfort and inspiration.

While your experience of prostate cancer is uniquely your own, *Facing the Tiger* reveals the wisdom of others who have already walked the path.

Professor Suzanne Chambers AO has a distinguished 25-year career in health psychology, her expertise deepened by professional leadership roles in cancer control, research, and higher education. She is a registered psychologist and member of the Australian Psychological Society's College of Health Psychology. Suzanne was appointed an Officer in the General Division of the Order of Australia (AO) in 2018 for distinguished service to medical research particularly in the area of psycho-oncology and community health through patient care strategies to assist men with prostate cancer.

**Available from www.aapbooks.com or
on order from your local bookshop**

RRP: \$24.95

ISBN: 9781925644425



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Australian Academic Press Group Pty. Ltd. ABN 61153110
18 Victor Russell Drive, Samford Valley QLD 4520
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