

RECOMMENDED READING

Many books and articles about prostate cancer and related subjects are available in print or on the internet. Most listed here have influenced the way I think and write about prostate cancer in my book and in this blog.

For your convenience, recommended references are listed according to seven subject categories: living with cancer; living with prostate cancer; prostate cancer treatment options; sexual intimacy; conquering pain and stress for prostate cancer patients and others; the healing power of prayer; and self-improvement and personal growth.

These and many additional resources are listed alphabetically by author and by title or website in my book, *Conquer Prostate Cancer: How Medicine, Faith, Love and Sex Can Renew Your Life* (Health Success Media, 2008). I suggest you check out the readings listed here that interest you most. You may also wish to refer to my book for further details and case examples, not only regarding myself and my family but in reference to nineteen other men whose prostate cancer experience I have profiled.

– Rabbi Ed Weinsberg

LIVING WITH CANCER

“Cancer Facts and Figures 2008.” American Cancer Society.
www.cancer.org/downloads/STT/2008CAFFfinalsecured.pdf.

Cancer Talk: Voices of Hope and Endurance from The Group Room, the World's Largest Cancer Support Group by Schimmel, by Selma and Barry Fox (1999) (See also www.vitaloptions.org/resources/cancertalk.htm)

Chicken Soup for the Surviving Soul: 101 Stories about Those Who Have Survived Cancer, by Jack Canfield and others (1996)

Living with Cancer One Day at a Time, by Roxanne Dinkin (2000)

Living with Cancer: A Practical Guide, by David Vine (2006)

Mind, Body, and Soul: A Guide to Living with Cancer, by Nancy Dahm (2000)

“Obesity and Weight Gain Linked to Cancer Mortality.” NCI (National Cancer Institute) Cancer Bulletin, vol. 4/no. 3 (Jan. 16, 2007)
<http://www.cancer.gov/cancertopics/prostate/weightgain0307>

LIVING WITH PROSTATE CANCER

100 Questions and Answers about Prostate Cancer, by Pamela Ellsworth and others (2003)

“CancerStats Key Facts on Prostate Cancer.” Cancer research in the United Kingdom. www.info.cancerresearchuk.org/cancerstats/types/prostate/.

“Frequently Asked Questions about Prostate Cancer,” by the Prostate Cancer Foundation (2008)
http://www.prostatecancerfoundation.org/site/c.itlWK2OSG/b.189965/k.743F/FAQs_About_Prostate_Cancer.htm

“Genetics of Prostate Cancer.” National Cancer Institute online issue (December 12, 2007).
<http://www.cancer.gov/cancertopics/pdq/genetics/prostate/HealthProfessional/page2>.

Prostate Cancer Demystified, by Robert Bard (2007)

“Prostate Cancer Diagnosis.” Everyday Health, Harvard Health Publication series.
http://www.everydayhealth.com/publicsite/index.aspx?puid=855F5078-E74F-489C-A1BC-F04933DA6B77&ContentID=AZ_d0382&ContentTypeID=71&contentPage=3&searchTerm=

“Prostate Cancer Fact Sheet.” (2007). http://70.84.59.4/~pcacoal/about_stats.htm

“Top 5 Antioxidant Foods.” www.naturalhealthblog.savvy-cafe.com/top-5-antioxidant-foods-2008-04-05

PROSTATE CANCER TREATMENT OPTIONS

A Patient’s Guide to Prostate Cancer and Sonablate, by the High Intensity Focused Ultrasound administrative staff (2006)

“All About Kegels: What Your Doctor Isn’t Telling You.”
<http://www.kegelmaster2000.com/kegels.htm>

“Do the Kegel - the Pelvic Squeeze.” www.dothekegel.com/arnie/index.html.

Dr. Patrick Walsh’s Guide to Surviving Prostate Cancer by Patrick Walsh and Janet Farrar Worthington (2001, 2nd edition, 2007)

Dr. Peter Scardino’s Prostate Book: The Complete Guide to Overcoming Prostate Cancer, Prostatitis, and BPH, by Peter Scardino and Judith Kelman (2006)

Prostate and Cancer: A Family Guide to Diagnosis, Treatment & Survival, (1995, revised 1999)

“Hot Flashes in Men – Mayo Clinic Researchers Describe a Treatment.” *Science Daily* (October 19, 2004). <http://www.sciencedaily.com/releases/2004/10/041019085808.htm>

Prostate Cancer for Dummies by Paul Lange (2003)

A Primer on Prostate Cancer: the Empowered Patient's Guide, by Stephen Strum and Donna Pogliano (2005)

“Treatment for Localized Prostate Cancer.” *Uro Today*. (May 11, 2008). http://www.urotoday.com/browse_categories/treatment_for_localized/1025/

SEXUAL INTIMACY

Coping with Erectile Dysfunction: How to Regain Confidence and Enjoy Great Sex, by Michael Metz and Barry McCarthy (2004)

Dr. Ruth's Sex After 50: Revving Up the Romance, Passion & Excitement!, by Ruth Westheimer (2005)

Erectile Dysfunction 2nd edition, by Roger Kirby and others (1998)

“Erectile Dysfunction After Treatment For Localized Prostate Cancer,” pages 411-436, Chapter 11 of *Dr. Patrick Walsh's Guide to Surviving Prostate Cancer*, by Patrick Walsh and Janet Farrar Worthington (2nd Edition, 2007)

Intimacy with Impotence (originally called *The Lovin' Ain't Over*, 1999), by Ralph and Barbara Alterowitz (2004)

He's Just Not Up for It Anymore: Why Men Stop Having Sex, and What You Can Do About It, by Bob Berkowitz and Susan Yager-Berkowitz (2008)

His Prostate and Me, by Desiree Lyon Howe (2002)

The Irritable Male Syndrome: Understanding and Managing the Four Key Causes of Depression and Aggression, by Jed Diamond Jed (2004)

Making Love Again, by Virginia and Keith Laken (2002)

Male Menopause, by Jed Diamond (1998)

“Masturbation,” pages 116-120 in Chapter 5 of *Matters of Life and Death: A Jewish Approach to Modern Medical Ethics*, by Elliott Dorff (1998)

Men are from Mars, Women Are from Venus: The Classic Guide to Understanding the Opposite Sex, by John Gray (1994)

The New Love and Sex After 60, by Robert Butler and Myrna Lewis (second edition, 1993)

“Resolving Erectile Problems” pp. 241-246, in *Prostate Cancer for Dummies* by Paul Lange.

Sexuality and Cancer: For the Man Who Has Cancer and His Partner, by the American Cancer Society, www.cancer.org/docroot/CRI/content/CRI_2_4_4X-Surgery_36/asp?sitearea=

“Sex or Still Enjoying It While Everybody Else Is Just Talking About It,” pages 179-193, Chapter Seven of *How to Make the Rest of Your Life the Best of Your Life*. By Mark Victor Hansen and Art Linkletter (2006)

The Sex-Starved Wife: What to Do When He's Lost Desire, by Michele Weiner-Davis (2008)

Surviving Male Menopause: A Guide for Women and Men, by Jed Diamond (2000)

CONQUERING PAIN AND STRESS FOR CANCER PATIENTS AND OTHERS

The Complete Guide to Relieving Cancer Pain and Suffering, by Richard Patt and Susan Land (2004).

“Coping with Stress Checklist.” Mental Health America, www.nmha.org/go/information/get-info/stress/coping-with-stress-checklist

Fighting Cancer from Within: How to Use the Power of Your Mind for Healing, by Martin Rossman (2003)

Freedom from Stress, by Phil Neurnberger (1981)

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness, by Jon Kabat-Zinn (1990)

John Sarno's Healing Back Pain: The Mind-Body Connection, by John Sarno (1991)

The Mindbody Prescription: Healing the Body, Healing the Pain, by John Sarno (1998)

Pain Free 1-2-3: A Proven Program for Eliminating Chronic Pain, by Jacob Teitelbaum (2006)

Prepare for Surgery, Heal Faster: A Guide to Mind-Body Techniques, by Peggy Huddleston (2006, 2nd edition)

The Relaxation and Stress Workbook, by Martha Davis and others (2000, 4th edition)

"Strategies for De-stressing, by the Emotional and Mental Health Center" in *Everyday Health*. (Undated). www.everydayhealth.com/publicsite/index.aspx?puid=896ea383-5547-4e9b-b33b-5485f6757489.

"Stress Control: Techniques for Preventing and Easing Stress: 2002" Harvard Publications Special Health Report (Oct. 14, 2007). www.everydayhealth.com.

Stress Management: Techniques for Preventing and Easing Stress: A Special Health Report, by Herb Benson (2007)

Understanding Stress, by Greg Wilkinson (2006)

The Women's Guide to Ending Pain: An 8-Step Program, by Howard Smith and Debra Bruce (2003).

"Top 10 Real-Life Ways to Take Charge of Your Stress" The Healthy Living Center. www.everydayhealth.com.

Worry: Controlling It and Using It Wisely, by Edward Hallowell (1997)

THE HEALING POWER OF PRAYER

The Essential Reinhold Niebuhr: Selected Essays and Addresses, by Reinhold Niebuhr (1987)

The Faith Factor: Proof of the Healing Power of Prayer, by Dale Matthews (1998)

Healing Words: The Power of Prayer and the Practice of Medicine, by Larry Dossey (1993)

Intercessory Prayer: How God Can Use Your Prayers to Move Heaven and Earth, by Dutch Sheets.

"Spirituality or Plugging Into a Higher Power," pages 194-209, Chapter Eight of *How to Make the Rest of Your Life the Best of Your Life*, by Mark Victor Hansen and Art Linkletter (2006)

SELF-IMPROVEMENT AND PERSONAL GROWTH

The A.A. Way of Life – A Reader: Selected Writings from A.A’s Co-Founder, by Bill W. (1967)

Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny, by Anthony Robbins (1992)

“The Baby Boom Grows Old.” Extracted from *Sick to Death and Not Going to Take It Any More*. www.mywhatever.com/cifwriter/library/sicktodeath/sick104.html

Better Together: The Book, by Robert Putnam and Lewis Feldstein (2003)

Bowling Alone: The Collapse and Revival of the American Community, by Robert D. Putnam (2000)

I And Thou, by Martin Buber (1970, and new edition in 1996?)

Listening with the Third Ear: The Inner Experience of a Psychoanalyst, by Theodor Reik (1975, 2nd edition)

Unlimited Power: The New Science of Personal Achievement, by Anthony Robbins (1997)

Words that Hurt; Words that Heal: How to Choose Words Wisely and Well, by Joseph Telushkin (1996)