



**BOOK REVIEW:**  
**MY PATHWAY THROUGH CANCER**  
Hazel Scade

This book is written from the author's perspective having been diagnosed with advanced invasive breast cancer. Her positive, personal approach shines through and gives an account of her treatment path looking at complementary therapies that she found helpful including reflexology, nutritional advice and tips for a healthy immune system. It is a personal account and is written in a conversational, diary style which may provide helpful advice for those who have been affected by cancer on a personal or indirect level.

Hazel also organises group talks or seminars – see contact details above.

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Available from most major book stores, including [www.amazon.co.uk](http://www.amazon.co.uk) and [www.waterstones.com](http://www.waterstones.com).