



## #CancerBookClub

### Questions for “Anticancer: A Way of Life” by David Servan-Schreiber, MD, PhD

1. This book was the first I read after my diagnosis. I see it through different eyes now than I saw it then. How do you imagine this book is received by the newly diagnosed? By the long-term survivor? By the caregiver? If there are differences in how it is perceived, and if so, why?
2. David Servan-Schreiber provides mostly factual information in this book, with small segues into his own personal experience. How did his personal accounts amplify his more scientific material? How did you respond to his personal stories and “voice”?
3. There are many scientific books offering advice to those with cancer. How did the fact that David S-S was a survivor influence your perception of the book and its advice?
4. His section on “The Anticancer Mind” he elaborates on the Mind-Body connection in cancer. He writes: “No psychological factor by itself has ever been identified as being capable of creating that bad seed.” But also comments that like nutrition, exercise, and the quality of our air and water, certain psychological states “can profoundly influence the soil in which the seed develops.” How have you approached the mind-body connections issues in your own life since diagnosis? What practices have you found useful? What has been challenging?
5. Much of the book concerns an “Anticancer diet.” How has this book influenced your thoughts and practices around food? Around alcohol?
6. Did this book change your practices around exercise? If so, how so?

7. David went on to write other books. He wrote the highly personal “Not the Last Goodbye” to chronicle his spiritual thoughts as he faced death at age 50. How does his death color your perception of this earlier work?

8. If he were alive today and joining us at #CancerBookClub, what question would you like to ask him?