



Managing Prostate Cancer: A Guide for Living Better

Andrew J. Roth

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The statistics are sobering: over 200,000 men in the United States are diagnosed with prostate cancer every year. With this diagnosis, men are expected to psychologically combat the worry, practical concerns, and the emotional and physical changes during an immensely trying time. How to help?

In *Managing Prostate Cancer: A Guide for Living Better*, Dr. Andrew J. Roth, a psychiatrist specializing in psychological support for cancer patients, provides the emotional skills and strategies necessary to help patients deal with the challenges a prostate cancer diagnosis brings to everyday life. These tools, which Dr. Roth terms "Emotional Judo," effectively teach patients to identify what their fears are rooted in, how to distinguish the rational and irrational aspects of their thoughts and behaviors, make healthier choices to promote a more positive approach, and ultimately transform their lives into a more fulfilling and peaceful journey.

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