Intimacy, Love and Sex:
The Road Back From Cancer
Awareness, Courage and Love
Connection
Cancer Takes

- Hair
- Connection
- Fertility
- Innocence
- Sexual desire and/or arousal
Cancer Gives

• Love
• Pain and nausea
• Hot Flashes
• Fear
• Connection
Emotional Concerns

• Depression and anxiety
• Low self-esteem
• Body image
• Physical attractiveness
• Low sexual self-image
“Put a smile on your face and the rest of your body will follow. It’s not a scientifically proven theory, but it got 1,297 ‘likes’ on Facebook!”
Communication

• Grieve and mourn
• Talk with your people
• Be clear and direct
• Pay attention
Be Courageous

• Be mindful
• Take risks
• Humor—have fun!
“The most powerful motivating force in the universe is love.”
– (Ornish)
Mindfulness

“Paying attention in a particular way on purpose in the present moment and non judgmentally”.
– (J. Zinn)
Connect
Three Tools You Can Use

Contact
Communicate
Connect
Contact

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