

# Prostate Cancer Awareness Month Book Giveaway

*By ProstateCancer.net Team 5 days ago 3 min read*

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We are celebrating Prostate Cancer Awareness Month with the theme of "Health Leaders and Their Experiences" with an extra special book giveaway. So many of our Health Leaders have written books about their experiences. To celebrate, we are gifting 1 lucky winner a set of 3 books, curated and written by the Health Leaders of the Prostate Cancer community! This one-of-a-kind book set will serve as an ongoing reminder of the support and experience that our Health Leaders bring to our community.

Enter to win below! And, continue scrolling to learn more about each book and what inspired the authors to share their stories.

## **Enter to win**

For a chance to win the "Health Leaders and Their Experiences" book giveaway:

Enter your email address in the box below and click subscribe. It's that easy! You may unsubscribe at any time:

*Already subscribed to our newsletter? You may still enter the*

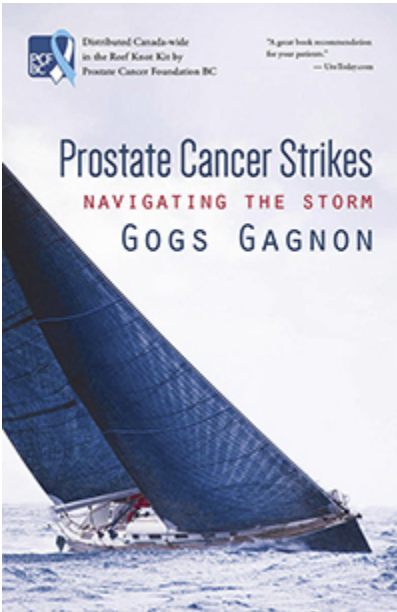
*giveaway by submitting your email above! Just disregard the automatic message you will receive stating you are already on our email list.*

For 1 **bonus entry**, share a comment in the comments below about how prostate cancer has impacted your life.

The giveaway ends on September 30, 2023, at 11:59 PM ET. The winner will be notified via email. The winner has 48 hours to claim their prize before an alternate winner will be selected. For more information, please read our [Terms and Conditions](#). Good luck!

## **About the books**

**"Prostate Cancer Strikes: Navigating the Storm," by Gogs Gagnon**



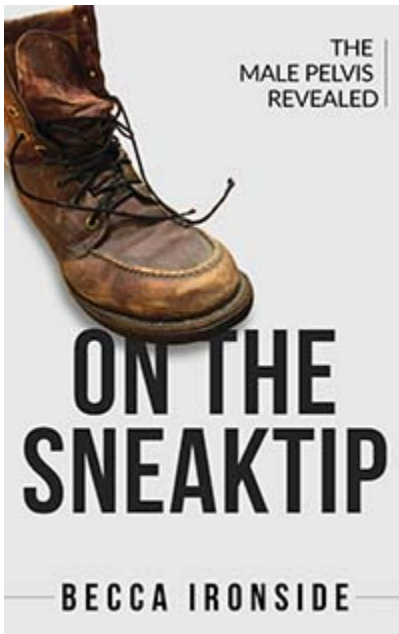
Receiving a cancer diagnosis is devastating. This well-researched book explores what author [Gogs Gagnon](#) would have done differently during his prostate cancer journey. In this deeply personal account, he reveals intimate details that every person impacted by the disease needs to know. This book is an honest, candid, and informative narrative told with wisdom and genuine emotion.

Gogs says, "At first diagnosis, I had no plans to write a book. I didn't even want to talk about it. It was devastating news, and I felt like curling up into a ball and hiding. My wife encouraged me to [write as a means to cope](#), even if I didn't share it with anyone. I liked that idea and started writing with no plans to share.

After a while, I became obsessed with researching and must have read dozens of books on prostate cancer. I spent countless hours

on the computer, searching and reading everything I could find. I joined many online support groups and spoke with other cancer survivors and patients living with cancer. And to my shock and amazement, I ended up writing a book that Prostate Cancer Foundation BC endorsed and distributes free paperback copies all across Canada."

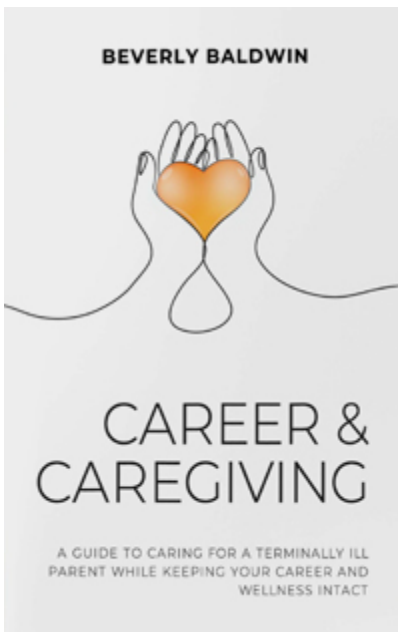
### **"On the Sneaktip," by Becca Ironside**



This book is a hybrid of fiction and nonfiction. It focuses on 5 central characters and how they navigate the emotions of having pelvic floor dysfunction, pelvic pain, prostate cancer, as well as [erectile dysfunction](#). The second half of the book describes treatment options available to those with prostate cancer and pelvic floor dysfunction.

[Becca](#) says, "I wanted to write this book because I have sat alone in a treatment room hearing the stories of individuals with prostate cancer, urinary concerns, and erectile dysfunction. I wrote to give a voice to these men through what they have told me so that the world can identify with the characters and see the world through their eyes. It is important to me that everyone knows the unique struggles of prostate cancer, from the intimate to the psychological to the impact that having this particular type of cancer has on the vast number of individuals I have treated through the years as a [pelvic floor physical therapist](#)."

**"Career and Caregiving: A Guide to Caring for a Terminally Ill Parent While Keeping Your Career and Wellness Intact," by Beverly Baldwin**



This book provides readers with affirmations and strategies for balancing life as a full-time employee and [caregiver](#) to a loved one who is terminally ill. While reading, you will discover effective ways to manage your emotions, adapt to a new normal, and understand the importance of building close-knit relationships among friends and family.

[Beverly](#) says, "I graduated from college with a degree in education and was on my way to begin my first school year in the classroom. Within the first couple of months into the school year, I found myself struggling. I was struggling with the fact that my dad was newly diagnosed with prostate cancer and I had become a caregiver to him. At the tender age of 24, I became a full-time employee as a teacher, full-time master's degree student, and caregiver to my dad. I wrote this book to give others going through the same or similar journey my strategies for balancing work and life as a full-time employee and caregiver to a terminally ill loved one."

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## **Community Poll**

Are you interested in news and updates about prostate cancer treatments?