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## “THE BEST FRIEND’S GUIDE TO BREAST CANCER” NOW AVAILABLE DIGITALLY AND IN PAPERBACK

### World-Renowned Breast Cancer Surgeon Dr. Kristi Funk Calls It “A Must-Read For Friends And Loved Ones!” Guide Fills Void In Breast Cancer Support Offering Insight And Advice To Millions

Los Angeles (Sept. 9, 2012)—Do you know someone with breast cancer? Sonja L. Faulkner, Ph.D., author of a new book entitled [“The Best Friend’s Guide to Breast Cancer: What to Do if Your Bosom Buddy or Loved One is Diagnosed”](http://TheBestFriendsGuidetoBreastCancer.com) and a recent breast cancer survivor herself, bets unfortunately that you do. With one out of eight women diagnosed in a lifetime, it’s a disease likely to touch everyone. The [American Cancer Society](http://AmericanCancerSociety.org) estimates that more than 289,000 new cases of breast cancer will be diagnosed in U.S. women in 2012 alone, but the disease affects a much larger circle of millions of loved ones who often don’t know where to turn or how to help their friend through their journey battling the disease.

“Friends, family, co-workers—everyone—should know that they can make a huge positive difference in a woman’s life after she’s been diagnosed with breast cancer,” said Faulkner. “The healing power of social support is truly extraordinary.”

[Dr. Kristi Funk](http://PinkLotusBreastCenter.com), Founder of the [Pink Lotus Breast Center](http://PinkLotusBreastCenter.com) in Beverly Hills, agrees: “As a breast cancer surgeon for over 11 years, I have treated thousands of women with breast issues, witnessing firsthand the healing power of social support,” said Funk. “You do not need to be a breast cancer survivor to impact a woman with your positive words and thoughtful actions. If you know someone who has been diagnosed with breast cancer, **The Best Friend’s Guide to Breast Cancer** will prove to be an uplifting, comprehensive resource.”



The guide coaches friends and loved ones through all phases of the illness, including what a woman may be thinking, what you should (and shouldn’t) say to her, suggestions for meaningful acts of kindness and gift ideas. In addition to providing tips on offering emotional support, the guide includes medical tutorials for each phase of the illness, including diagnostic tests, treatment options and medical maintenance. There’s even a [“Food is Medicine”](http://FoodIsMedicine.com) chapter on 13 super cancer-fighting foods with preventive and healing properties plus an appendix of 30 tried and true family recipes to serve as nutritional powerhouses during all stages of your friend’s battle, from Kale Tomato Pie, Spanakopitta and Curry Butternut Squash Soup to Tropical Quinoa Pudding made with Green Tea and Very Berry Muffins

“Food lovingly prepared is medicine not just for our bodies but for our souls,” adds Faulkner. “It’s especially important for your friend to nourish her body when it’s under attack from cancer, or trauma from surgery, radiation, or chemotherapy.”

A portion of proceeds (20%) from sales of the book, which is available online at [Amazon](http://Amazon.com) (in paperback or as a Kindle e-book) and [Smashwords](http://Smashwords.com), are going to support [Pink Lotus Petals](http://PinkLotusPetals.com), a non-profit which provides free screening, diagnosis, surgical treatment and post-surgical treatment to women who are medically uninsured and are unable to pay for such care on their own behalf due to financial hardship, socio-economic circumstances and other emergencies.

#### About The Best Friends Guide to Breast Cancer ([TheBestFriendsGuidetoBreastCancer.com](http://TheBestFriendsGuidetoBreastCancer.com))

The love and support of friends and family sustained Sonja during her breast cancer diagnosis in August, 2009 and subsequent months of treatment. She recognized, however, that fear and nervousness and sometimes not knowing what to say or do prevented some friends from reaching out. Intrigued by the wide range of responses to her diagnosis, Sonja decided to write a one-stop resource to coach loved ones through all phases of a breast cancer illness. Her goal is to help inspire the remarkable healing power of social support letting everyone who knows anyone facing breast cancer know what a huge positive difference they can make in their friend’s life with even the simplest of gestures. Now in recovery, Sonja’s friends and loved ones continue to fill her heart with their generous spirit. Born and raised in Maine, Sonja earned her psychology degrees from Northeastern University (B.A.), Central Michigan University (M.A.), and the University of Toledo (Ph.D.). She works as a Consultant/Writer and lives in Los Angeles with her husband and young son. Do you have a friend with breast cancer? Join [The Best Friend’s Guide to Breast Cancer](http://TheBestFriendsGuidetoBreastCancer.com) community on Facebook.

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