



What Can I Do to Help?

Deborah Hutton

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Deborah Hutton's discovery that the niggling cough which had been troubling her for a couple of months was actually an aggressive lung cancer marked the beginning of a brand-new learning curve - a personal odyssey that taught her to let go of her super-competent I-can-handle-it-myself persona and gratefully accept the huge amount of help beamed at her by her close-knit family and "world class" network of friends and neighbours. From her own experience and out of her conversations with fellow members of the "Cancer Club" comes this anthology of supremely practical examples of ways in which friends and family, often themselves reeling from the shock of the diagnosis and feeling just as helpless and at a loss to know what to do, can make a real, substantial difference. "What can I do to help?" you ask. Well, stand by, because the answer is "Plenty".

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