

Upcoming Memoir and Resource Guide Set To Be Game Changer in Breast Cancer Space for Young Women

Later this month, award-winning writer, health advocate and founder of a comprehensive resource site for women's breast health, Sabrina Skiles will debut a new memoir and resource guide dedicated to navigating breast cancer.

Surviving Breast Cancer
with Courage, Candor, & Community

**READ
THAT
AGAIN**

Sabrina Skiles

Denver, Colorado Jul 26, 2023 ([IssueWire.com](https://www.IssueWire.com)) - Later this month, award-winning writer, health advocate and founder of a comprehensive resource site for women's breast health, Sabrina Skiles will debut a new memoir and resource guide dedicated to navigating breast cancer. Inspired by her own experience battling the disease, 'Read That Again, Surviving Breast Cancer with Courage, Candor, and Community' uses personal anecdotes, humor, and practical advice to provide support in a new, accessible, and relatable way. Her new book will officially launch on Amazon on August 28.

Read That Again is a modern survival guide for navigating breast cancer—with a splash of laughter and levity. This candid memoir is full of lived experiences, helpful resources and unabridged accounts from Skiles' personal experiences with breast cancer in 2019. Skiles sheds light on the topics that doctors won't talk about from how to navigate shaving your head and not embracing baldness, how to combat the psychological warfare your mind creates, how to tell young children Mom has cancer, how to manage your marriage through a cancer diagnosis and how to advocate for yourself.

"Sabrina does a great job of normalizing feelings, offering concrete advice for before, during and after treatment and doing it in an entertaining, easy-to-read format. I will be recommending this book to my therapy clients and giving it to anyone who is newly diagnosed." Tricia Coghlan, breast cancer survivor, LCSW [Licensed Clinical Social Worker].

Read That Again turned Skiles's initial anger into a passion to revitalize the conversation around women's breast health—because Skiles wanted to be more than just another statistic.

To request an interview with Sabrina Skiles and learn more about Read That Again, call 832-877-0103 or email skiles.sabrina@gmail.com

About The Author

Sabrina Skiles is a Denver-based award-winning writer and creator of the lifestyle brand [SabrinaSkiles.com](https://www.SabrinaSkiles.com), a resource for empowering people living with chronic health conditions to live a happy, healthy and stylish life. She is a breast cancer survivor and advocate since 2019, and has been living with psoriasis for the past 20+ years. Sabrina lives in Colorado with her husband Chris and her two sons. Get to know her at www.sabrinaskiles.com and follow Sabrina Skiles on Instagram @SabrinaSkiles. Follow along for a sneak peek before the book launches on Amazon on August 28.

Would reco including some descriptor here; know the site is more than breast health so up to you how you'd like to position for this specific piece!



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