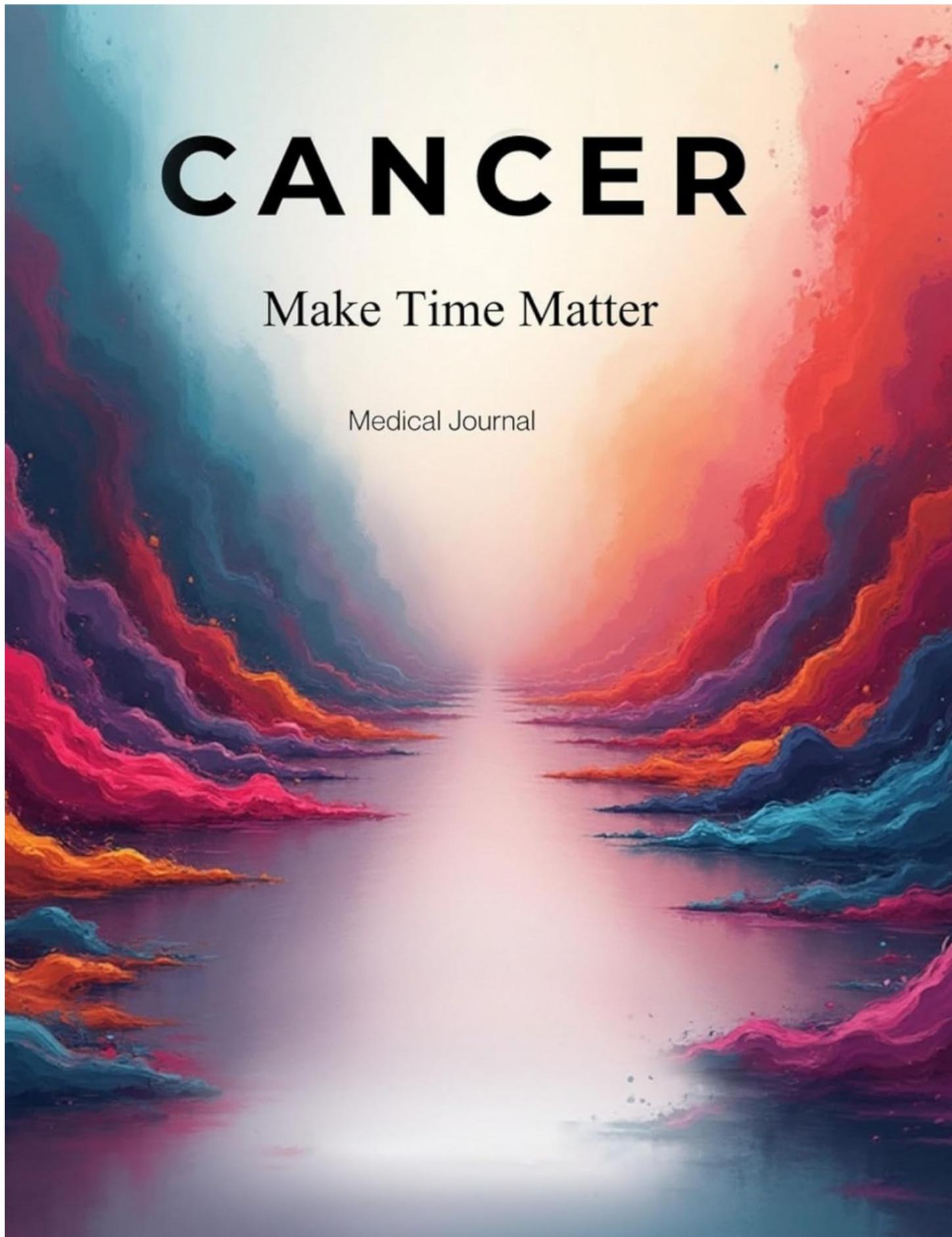


# **CANCER – Make Time Matter: A Guided Workbook Helping Patients Navigate the Reality of Cancer with Clarity and Purpose**

# CANCER

Make Time Matter

Medical Journal



**Sacramento, California Mar 18, 2026 ([IssueWire.com](http://IssueWire.com))** - *CANCER – Make Time Matter* is a guided journal workbook created to support cancer patients through the emotional and practical realities of their journey. Rather than a traditional book or memoir, it functions as a daily companion—offering structure, reflection, and organization at a time when life often feels uncertain and overwhelming.

Developed from lived experience, the workbook brings together planning tools, personal reflection, and emotional grounding in one place. It provides patients with a meaningful way to document their journey, manage information, and reconnect with a sense of control and intention.

## **A Practical Companion for the Cancer Journey**

*CANCER – Make Time Matter* is designed to reflect real life with cancer. Its pages include spaces to track appointments, treatments, medications, symptoms, contacts, daily experiences, and personal reflections, alongside prompts for gratitude, mindset, and meaningful moments.

By integrating practical tools with emotional support, the workbook acknowledges that cancer is not only a medical condition but a deeply personal experience that touches every aspect of life.

## **About the Creator**

The workbook was created by Tanya Graham, a cancer survivor, creative storyteller, and advocate for intentional living. After facing her own cancer diagnosis, she recognized the lack of resources that addressed both the emotional and practical challenges of the journey. Her goal was not to write a story, but to create a tool—one that helps patients feel less lost, more prepared, and more connected to their own voice during an uncertain time.

## **Why It Matters**

While medical care focuses on treatment, many patients struggle with organizing information, processing emotions, and making sense of their days. *CANCER – Make Time Matter* fills that gap by offering a structured yet compassionate framework for navigating the journey.

It empowers patients to make time more intentional, record what matters, and preserve their voice throughout the process.

## **Who It's For**

- cancer patients at any stage
- caregivers and families

## **About the Workbook**

*CANCER – Make Time Matter* is a guided journal workbook by Tanya Graham that combines structured templates with reflective prompts. It serves as both an organizational tool and a personal diary, helping users document their experiences while bringing clarity, meaning, and presence to each day.

## **Availability & Contact**

*CANCER – Make Time Matter* will be available soon in print and digital formats through major online

retailers.

For advance review copies, media inquiries, interviews, speaking engagements, or early access updates, connect through the following channels:

[Facebook](#)

[Website](#)

[Amazon](#)

## **Media Contact**

Bookwave Publishing

\*\*\*\*\*@bookwavepublishing.com

Source : <https://thecancerjournals.com/>

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