



My Big Breast Adventure: Or How I Found the Dalai Lama in My Letterbox

Jennifer McDonald

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"I'm sorry to say you have breast cancer - an infiltrating Lobular Carcinoma to be exact," said her doctor delivering the tough news right before Christmas 2013. "And there's three ways we deal with breast cancer - cut, poison and burn."

Such was the start of Jennifer McDonald's 'Big Breast Adventure', the name she gave to a series of blogs penned while going through two years of treatment. *My Big Breast Adventure or How I Found the Dalai Lama in My Letterbox* is a compilation of these posts, hailed as a must read for anyone facing a life or health crisis and those who care for them.

"A funny, serious and beautiful book." - Dorothy Johnston, author of *Through a Camel's Eye*

"Her grace and humility shine throughout in the face of what many of us would find a terrifying experience." - Diana Thompson, author of *Unbridled Passion*

"I can't think of another book that makes cancer more understandable for the lay reader and at the same time less fearful." - Sara Dowse, author of *As the Lonely Fly*

"This is a gorgeous book. Jen reaches out with courage, absolute honesty and laugh-out-loud humour." - David Burton, author of *How to be Happy*

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