

# SIMPLIFY CANCER BOOK BUNDLE

Emails to Friends, Family and Workmates

*Hey man,*

*I know how hard it is to find the right words to talk about cancer.*

*And how critical it is to keep your people in the loop - the last thing you want to do is sideline your true supporters.*

*Most people want to help, but they don't know how.*

*They don't want to offend you by asking the wrong thing or offering help that isn't needed.*

*It's also a perfect chance to separate your true supporters from the well wishers who only are willing offer support on their terms.*

*Spell out exactly what you want to happen, even when it's to be left alone!*

*Otherwise, you are at risk of being bitter and twisted about those you expected to be there for you - this way, you're giving friends and family a chance to do what's right by you.*

*Obviously, I don't want to put words in your mouth, but I'm hoping this will give you some ideas to make a start.*

*If this was helpful, please drop me a line at [joe@simplifycancer.com](mailto:joe@simplifycancer.com)*

*Best,*

*Joe*

# EMAIL TO FRIENDS AND FAMILY ABOUT CANCER

Subject: Your Help

*Hi all,*

*As you may or may not know, I was recently diagnosed with ----- cancer.*

*If you want to know how the treatment works, here's a good link:*

<http://simplifycancer.com/tc>

*From/on dd/mm/yyyy, I will be starting/having ----- (chemo, procedure, radiation).*

*The whole thing really sucks and we're in for a rough ride so I'd really appreciate your help with any of this:*

- *Getting to and from the hospital*
- *Doing groceries (once a week)*
- *Babysitting*
- *Visiting me in the hospital*

*If there's something you'd like to volunteer for, just hit Reply and let me know.*

*Thanks,*

*Joe*

# EMAIL TO YOUR WORKMATES

Subject: My News

*Hi guys,*

*As you may or may not know, I have [testicular] cancer.*

*I had a procedure already and will be starting chemo to get rid of it on Monday in the next week, pending some tests.*

*It all looks positive but still a few rocky months ahead so don't be surprised if I'm more weird than usual!*

*You can also check get a quick summary of what testicular cancer is all about right here:*

*<http://simplifycancer.com/tc>*

*If you'd like to drop in for a visit, just hit Reply and let me know.*

*My phone number is*

*I will be in and out of the office for the next 3 months so please get in touch with [Ally and Sam] for help with []. Otherwise, please get in touch [your boss] while I'm away.*

*Cheers,*

*Joe*

**M**y name is Joe and for me, cancer was always something that happens to somebody else - until it lands on you.

That's why it's such a shock - everything is up in the air and it's a big mental effort to pull yourself together and get on with life despite cancer.

Losing my testicle, chemo and procedure hammers home what I always knew, but was never forced to confront in a real, tangible way - how fragile and short life is and how I need to make the most of it, on my terms.



## **Joe Bakhmoutski**

Founder of Simplify Cancer

[www.simplifycancer.com](http://www.simplifycancer.com)