



SIMPLIFY CANCER

by Joe Bakhmoutski

Man's guide
to navigating
the everyday
reality of cancer

Foreword by Prof Suzanne Chambers AO

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(link to free Simplify Cancer book bundle inside the book)

Praise for Simplify Cancer

Joe's Simplify Cancer podcast is an asset for anyone facing a cancer diagnosis. With this book, he's used his expertise to assemble a valuable guide for dealing with something that many have overlooked in the past—the psychological impact of cancer.

**Dr. David Palma, MD, PhD,
Author of Taking Charge of Cancer**

Joe has used his personal experience to craft a simple, practical and meaningful strategy to help others in facing their cancer diagnosis and in taking back some control of their journey.

**Mike Craycraft, R.Ph.,
Founder of Testicular Cancer Society**

Most cancer patients are guided by a medical team who have never actually experienced cancer themselves. In this book, Joe gives men an insiders' guide to dealing with cancer providing practical advice to support men with cancer and I believe this will be a great resource for men in this situation.

Dr David Pook, Medical Oncologist

From the Author

In this book, I share practical ways to get through treatment, how to deal with worry and build stronger bonds with people in your life so that you get the support that you want, on your terms.

Speaking Tour 2020

3 Simple Ways to Tackle Uncertainty In Your Daily Life



We live in uncertain times when change is constant and unrelenting - it's hard to know what's going on or how things might turn out. Using his personal experience of going through cancer, podcast host and author Joe Bakhmoutski shares his perspective on how to regain calm, stability and control in your daily life. In this talk, Joe shares 3 simple yet powerful ways to tackle uncertainty so that you can have a stable, predictable and fulfilled life that you deserve.

For bookings contact:

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