



Your Brain After Chemo: A Practical Guide to Lifting the Fog and Getting Back Your Focus

Dan Silverman, Idelle Davidson

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Chemotherapy saves lives, but new studies including research led by coauthor Dr. Dan Silverman, reveal that the agents used to kill cancer cells may also impair normal brain function. Even years after treatment, people report problems with memory, concentration, multitasking, and word retrieval. Silverman and Idelle Davidson combine cutting-edge science and true stories to demonstrate that chemo brain is not a figment of your imagination. With its invaluable strategies and straightforward nine-step program specifically tailored to re-energizing the brain, *Your Brain After Chemo* gives patients the coping skills to move on with their lives.

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