



**C**ANCER survivor Zoe Holden wants people to ditch reading 1980s gossip magazines in waiting rooms in favour of her helpful handbook, *The Funny Side of Cancer*.

The 29-year-old, who was diagnosed with Hodgkin's Lymphoma in 2005, wrote the book as she went through various treatments after the cancer returned three times.

Ms Holden volunteers at SolarisCare in Subiaco, helping to raise money for the cancer support service and has returned to her job screening hearing for babies at Perth's private hospitals, including St John of God Hospital Subiaco.

"People were harassing me to write a book about my journey but I didn't want to write another 'my sob story', so it's more of a handbook about how to stay positive and be in a waiting room for four hours at a time," she said.

"It's easy to read because with chemotherapy brain, you tend to forget one chapter to the next.

"It's also for the families... to give them reasons why we think and react the way we do when we get our results. There is a fun side to these things and you need to laugh about it."

*The Funny Side of Cancer* includes space where patients can record the names of their doctors, medications and appointment times.

Ms Holden received bone marrow from an American man in July last year and had recently been in email contact with the donor.

She said her strangest experience since the transplant was having to get all the vaccinations she had received as a baby, again.

Part proceeds from the sale of the books will go to SolarisCare, which recently received \$1.5 million from the State Government to expand its service to Bunbury.

For a copy of *The Funny Side of Cancer*, email [ozzoe@hotmail.com](mailto:ozzoe@hotmail.com).