



Using the Book to Best Advantage

Wherever you find yourself on the path of life, we know that reading *“After the Diagnosis...A Guide for Living”* will enrich your journey, deepen your faith, and help you to live more freely and love more deeply. So, depending on your particular circumstances, you may want to approach the book differently. There are many entry points into the material and we want to help you chart the most beneficial course to suit your needs. While we certainly recommend that you read the book in its entirety, in acutely challenging situations, for example, when faced with a terminal diagnosis or as a caregiver, if you’re struggling with forgiveness, with difficult family dynamics, or find yourself wracked with anxiety, you might want to begin where these issues are addressed and then backfill. (Think triage.) *That said, assimilating and internalizing the material from the beginning and middle of the book will definitely make the work of the final chapters more fulfilling and life-giving.*

Here are some entry points you might find helpful.

If you or a loved one is struggling with:

- **Challenging Family Dynamics** - read Chapter 6 - Let the Games Begin
- **Your Faith** - read Chapter 7 - The Shattering of Naïve and Reasonable Faith and Chapter 11 - The Indwelling of God, Chapter 12 - A New Way of Walking the Path, Chapter 13 - Who is This God Within?, Chapter 14 - The Fertile Patch, Chapter 15 - The Seasoning of Faith, for further work, Chapters 16-19
- **Forgiveness** - read Chapter 21 - Forgiveness and Healing
- **Anxiety and Worry** - read Chapter 8 - The Prison of Self, Chapter 9 - Breaking Free from the Prison of Self
- **A Terminal Illness** - read Chapter 2 - Walking the Path of Suffering, Chapter 5 - Three Ways of Coping with Sickness and Dying, Chapters 24-30