



PATIENT & CAREGIVER EDUCATION

Cancer Straight Talk: Gratitude, Grief and Why You Don't Have to Choose (Podcast)

In this episode, Dr. Diane Reidy-Lagunes and MSK clinical psychologist Dr. Wendy Lichtenthal hear from past guests of the podcast – patients, caregivers and clinicians – on what they're grateful for this holiday season. How does one find gratitude while living with cancer? Can gratitude and grief exist at the same time? And what are some tools for managing the two? Join us as we discuss.

Go to www.mskcc.org/pe/cancer_straight_talk_grief_and_gratitude to listen to this podcast episode.

For more information and to ask a question, please visit mskcc.org/podcast.

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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