



PATIENT & CAREGIVER EDUCATION

Cancer Straight Talk: What Makes Life Meaningful? (Podcast)

While the holidays are meant to be a season of celebration, reflection and spending time with family and friends, it can also be a time of anxiety, grief or loneliness for those living with the reality of cancer. How does one find peace and meaning in the swarm of emotions that cancer brings up? In this episode, [Dr. Diane Reidy-Lagunes](#) and [MSK chaplain Brian Kelly](#) share their thoughts on what makes life meaningful and how to find your light in the darkest of times.

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

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

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 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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