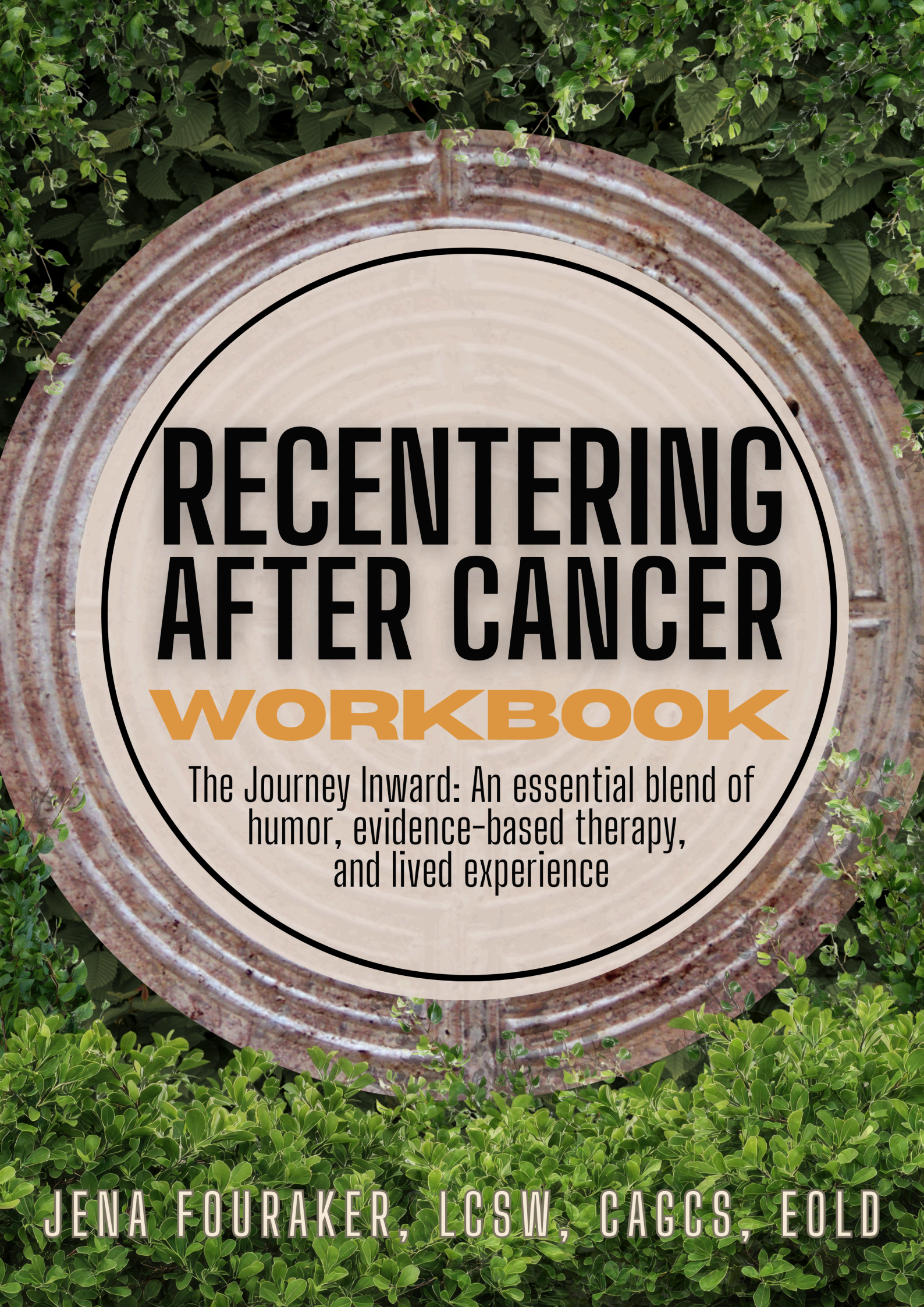




RECENTERING AFTER CANCER

WORKBOOK

The Journey Inward: An essential blend of
humor, evidence-based therapy,
and lived experience

JENA FOURAKER, LCSW, CAGCS, EOLD

ABOUT THE PROJECT

Recentering After Cancer Workbook is a full-color therapeutic workbook built around one of humanity's oldest healing symbols: the labyrinth. Just as the labyrinth offers a single winding path inward and back out, this workbook guides people through a structured journey of emotional recovery during and after cancer. It is designed for anyone navigating life with cancer, including those in active treatment, remission, recurrence, and metastatic disease.

Unlike clinical workbooks that address cancer as a medical event, *Recentering After Cancer* treats it as a life-altering human experience. Written by a licensed clinical social worker who is also a cancer survivor, it offers something rare: professional therapeutic tools delivered with warmth, humor, and the credibility of someone who has walked this path.

The workbook is structured around the labyrinth metaphor across 9 chapters:



MEET THE AUTHOR

JENA FOURAKER, LCSW, CAGCS, EOLD
*Licensed Clinical Social Worker
Certified Grief Counselor and End-of-Life Doula*

Jena brings over a decade of clinical experience as a licensed therapist, a background in evidence-based frameworks, and zero patience for the idea that you should just feel grateful to be alive and get on with it. She was diagnosed with aggressive breast cancer the same month she was supposed to start a PhD program.

She wrote this workbook because she needed it and it didn't exist. Now it does.

A PEEK INSIDE

WHAT SETS IT APART

- » Written by a licensed therapist who is also a cancer survivor, professional expertise plus lived authenticity
- » Built around the labyrinth, a recognized healing symbol already present in cancer centers worldwide
- » Includes a free digital app to track progress, revisit responses, and receive journal prompts, accessible via QR code
- » Addresses death and dying directly, the conversation most resources avoid
- » Curated resources in multiple chapters, because a good social worker always sends you home with a list
- » For anyone navigating life with cancer, inclusive of active treatment, remission, recurrence, and metastatic disease

INTRODUCTION

In August 2020, my name was on the roster for orientation at the Mizzou School of Social Work PhD program. I was ready to blaze a new career path, but that excitement came to a screeching halt during my very first mammogram. I'd felt a lump earlier that summer and wanted it checked out before starting the program, just in case it needed to be removed.

After the mammogram, instead of being sent on my way, I was escorted to a small dressing room, a space that felt more like a closet with a bench, and told to wait. They eventually called me back for a repeat scan, then escorted me back to that same closet. Because this was the beginning of the pandemic, the hospital already felt eerie, but the air in that office felt even heavier. It was the way they looked at me, how overly nice they were, the hushed side conversations... I knew something was wrong. I sat in that dressing room, sweating and breathing anxious hot air into my mask, before being moved to another room for an ultrasound.

Lying in the quiet dark room I could see it on the screen, a large black mass that had already grown to the size of a peach. The technician asked me to wait, returning a while later to tell me the phone attached to the wall was going to ring. A physician had reviewed the images and wanted to speak with me, but because of COVID protocols, they couldn't do it in person.

In that dark room, the phone I stood staring at, rang. I still remember the voice vividly, "I am very concerned by what I see."

The collage displays four distinct workbook exercises:

- EXERCISE 2.3: VALUES IN ACTION** - A page with a title bar and a series of prompts for reflection on values, such as "What is a simple step I can take this week to increase this score by one point?" and "What external factors are creating a barrier for the time needed?"
- EXERCISE 3.3: THE DISCOMFORT MAP** - A complex flowchart titled "THE DISCOMFORT MAP" that guides the user through a process of identifying discomfort, reflecting on it, and then choosing between compromise and boundary setting. It includes boxes for "Thought", "Response", "Immediate feeling", and "Long-term feeling".
- EXERCISE 7.2: THE OSCILLATION** - A page featuring a large, vertical, wavy line (resembling a labyrinth or a stylized 'S' curve) that divides the page into two columns labeled "LOSS" and "RESTORATION".
- EXERCISE 5.4: CIRCLES OF CONTROL** - A page with a diagram of three concentric circles. The innermost circle contains a small figure of a person. The text prompts the user to identify what is closest to them they can control, what is furthest away they cannot control, and to practice zooming in and out as needed.

The cancer community has plenty of workbooks. It doesn't have this one.

WHY THIS WORKBOOK, WHY NOW

2m+ Annual Diagnoses

18m+ Living with Cancer

700k Living with Metastatic Disease

Sources: American Cancer Society, Cancer Treatment and Survivorship Statistics 2025; National Cancer Institute, 2025; Journal of the National Cancer Institute, 2022.

The numbers say it all. And behind every single one of them is a person navigating something nobody prepared them for.

When treatment ends, the medical system largely steps away. But the emotional work doesn't. Fear of recurrence, grief, identity loss, a body that feels unfamiliar, a life that looks nothing like it did before. Nobody prepares you for any of it.

And for the people whose treatment doesn't end, the ones living with metastatic disease, still sitting in the chair, or the ones where the fear it came back has become their reality, the gap is even wider. Most resources are written for survivors. This one was written for all of it.

Mental health tools specific to the cancer experience are scarce. What exists is often clinical, generic, or written by someone who has never had to stare at a phone on a hospital wall waiting for it to ring.

This workbook is needed.

THE DETAILS

TITLE	Recentering After Cancer Workbook
SUBTITLE	The Journey Inward: An Essential Blend of Humor, Evidence-Based Therapy, and Lived Experience
AUTHOR	Jena Fouraker, LCSW, CAGCS, EOLD
FORMAT	Full-color print workbook + PDF digital edition
PRINT PRICE	\$29.99
PDF PRICE	\$17.99
COMPANION APP	Free, accessible via QR code
AVAILABLE	Amazon KDP (print) + Etsy (pdf + bundles) + Payhip
LAUNCH DATE	October 2026, Breast Cancer Awareness Month
AUDIENCE	Cancer survivors, people in active treatment, recurrence, and metastatic disease, oncology social workers, therapists, support groups, and caregivers

IDEAL PARTNERS AND DISTRIBUTION OPPORTUNITIES

This workbook is designed to live beyond bookstore shelves. Ideal partners include:

Cancer support organizations
(Gilda's Club / Cancer Support Community affiliates)

Hospital oncology departments and cancer center
social work programs

Cancer centers with labyrinth and healing
garden programs

Labyrinth facilitator communities
(Veriditas, The Labyrinth Society)

Oncology social workers and psycho-oncology
professionals

Hospital chaplaincy and spiritual care departments

Cancer survivor retreat centers and
wellness programs

Therapists specializing in chronic illness and grief

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REVIEW COPIES AVAILABLE UPON REQUEST

CONTACT AND MEDIA INQUIRIES

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“

I had to learn to navigate the bumpy road back to my center and get to know this new version of myself, a version I now love and appreciate more than ever.

”



Cathedral Labyrinth, New Harmony, Indiana