

## Media Fact Sheet

### “A Woman’s Guide to Thriving after Prostate Cancer”

#### About The Guide:

Prostate cancer doesn’t affect men alone. The women in their lives face their own physical, emotional, mental and spiritual challenges. In *A Woman’s Guide to Thriving after Prostate Cancer*, Cindie Hubiak weaves the reader through her own personal struggles following her husband’s diagnosis, the grieving process and coping strategies throughout the various stages of prostate cancer. She shows readers how to:

- Honor and grieve losses
- Effectively communicate desires
- Understand men and the host of emotions they’re experiencing
- Establish deeper physical, emotional and spiritual connections within their relationships
- Enhance intimacy through tantric principles
- Gain inspiration by living one’s true purpose

#### About the Author:

Cindie Hubiak, a Scottsdale, Ariz. resident, has helped individuals build successful relationships throughout her distinguished career as a CPA, human resources director, business manager, leader and mentor. She and her husband Steve Frohman now dedicate time to Solutions for Intimacy, a program they founded in 2011 to help prostate cancer survivors and their partners lead more sexually fulfilling lives.

**ISBN:** 978-0-9837913-0-0

**Retail Price:** \$19.95 (discounts available)

**Format:** Paperback. Electronic and audio versions coming soon.

**Publication Date:** September 2011

**Genres:** Self help, women’s issues, cancer survivors

**Where to buy:** [www.amazon.com](http://www.amazon.com), [www.barnesandnoble.com](http://www.barnesandnoble.com)

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