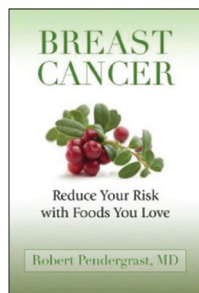


## BOOKS

**Breast Cancer: Reduce Your Risk With Foods You Love.** Robert Pendergrast. Augusta, GA: Penstokes Press, 2010, softcover, 183 pages, \$24.



Robert Pendergrast, MD, a pediatrician trained in Western Medicine with a master's degree in public health, has written an informative and easy-to-read book. Pendergrast also

completed a fellowship at the University of Arizona Center for Integrative Medicine, founded by the well-known physician Andrew Weil, MD. *Breast Cancer: Reduce Your Risk With Foods You Love* lives up to its title by focusing on disease prevention and health promotion. The text is written in clear, lay language and covers all aspects of how a woman can reduce her risk of developing breast cancer. References to scholarly articles supporting Pendergrast's recommendations and suggestions for further reading are included. The text emphasizes early dietary interventions to be made even before a woman reaches puberty and makes recommendations to be maintained throughout life.

The text is divided into sections for emphasis and readability: (a) general guidelines for cancer prevention, which cover diet, exercise, and minimizing environmental toxins; (b) the top 10 foods that facilitate breast and overall health; (c) foods and chemicals to avoid, including cooking and storage methods; (d) eating for healing, which makes specific recommendations for women actively receiving breast cancer care or who are in survivorship; and (e) integrative medicine, such as massage, energy work, and spirituality. Concrete recommendations are made to reduce cancer risk. One could argue that the title is reductionistic, as the book's advice also applies for protecting cardiovascular health, reducing the risk of diabetes and metabolic syndrome, and overall health promotion.

The claims that are not specifically supported by medical literature are

benign in nature and certainly would do no harm. For example, the use of relaxation techniques such as mindful breathing and massage are encouraged. The strongest aspect of this book is that it attempts to be as up to date as possible. For example, in a section discussing pesticides and how to avoid exposure through ingesting them, Pendergrast supplies a link to [www.foodnews.org](http://www.foodnews.org) so the reader can reference a current list of the most likely contaminated fruits and vegetables and consider organic versions of those items (p. 119).

Certainly, many self-help books on the market address these same issues. However, Pendergrast does so in a gentle, educational way that encourages a woman to be empowered to make healthful changes in diet, exercise, and lifestyle to decrease her own personal risk of developing breast cancer.

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**The Power of Ten, 2011–2013: Nurse Leaders Address the Profession's Ten Most Pressing Issues.** Honor Society of Nursing, Sigma Theta Tau International. Indianapolis, IN: Author, 2011, softcover, 136 pages, \$24.95.



A compilation of essays from more than 30 international nursing leaders,

*The Power of Ten, 2011–2013*, presents an up-to-date, thorough discussion of the 10 most significant issues currently facing the nursing profession. The Honor Society of Nursing, Sigma Theta Tau International, interviewed prominent nurse leaders and reviewed the 2008 National Sample Survey of RNs (Health Resources and Service Administration, 2010), as well as the Institute of Medicine's (2011) *The Future of Nursing: Leading Change, Advancing Health*, to compile the list of issues confronting the profession. The chapters ask the following questions.

- Is evidence-based practice harmful or helpful?
- What is the impact of technology on nursing?

- Should the bachelor's degree be the minimum entry into practice?
- Are the doctor of nursing practice and doctor of philosophy degrees separate but equal?
- How do nurses get a seat at the policy table?
- How do nurses cope with the growing ethical demands of practice?
- How can nurses fix the workplace culture?
- What is the role of nursing leaders?
- What are nurses going to do about the widening workforce age gap?
- How can the profession of nursing be as diverse as those it cares for?

The purpose of the book is to serve as a springboard for discussion of those issues within the whole nursing community and in all practice arenas, from nursing students to advanced practice nurses. Each chapter is dedicated to an issue, with discussion points and space on the pages to jot down notes. Essays written by nurse leaders and additional interview quotes highlight the complexities and various facets of each issue.

Although readers may not agree with some of the views stated, the object of the book is to cause the individual nurse and the nursing profession as a whole to critically examine those issues and begin to wrestle with them so that nurses may find creative solutions to the problems at hand. The publication is particularly relevant to the ongoing discussion in the United States concerning the accessibility and distribution of health care and the government's role in providing it.

The book contains a wealth of information with precise references and may be used for self- or group study. Readers also can visit [www.powerof10book.org](http://www.powerof10book.org) for additional discussion. The layout of the book is simple to comprehend; however, some of the quotes are printed in light gray font that may be difficult to read. A strength of the book is the variety of nursing leader contributors from Sweden, China, the Philippines, and across the United States.

*The Power of Ten, 2011–2013*, is unique because it does not present its own opinion on the issues, but allows the views of many nursing leaders to be published along with facts concerning those issues. Readers are challenged to use their own critical thinking skills to decide for