

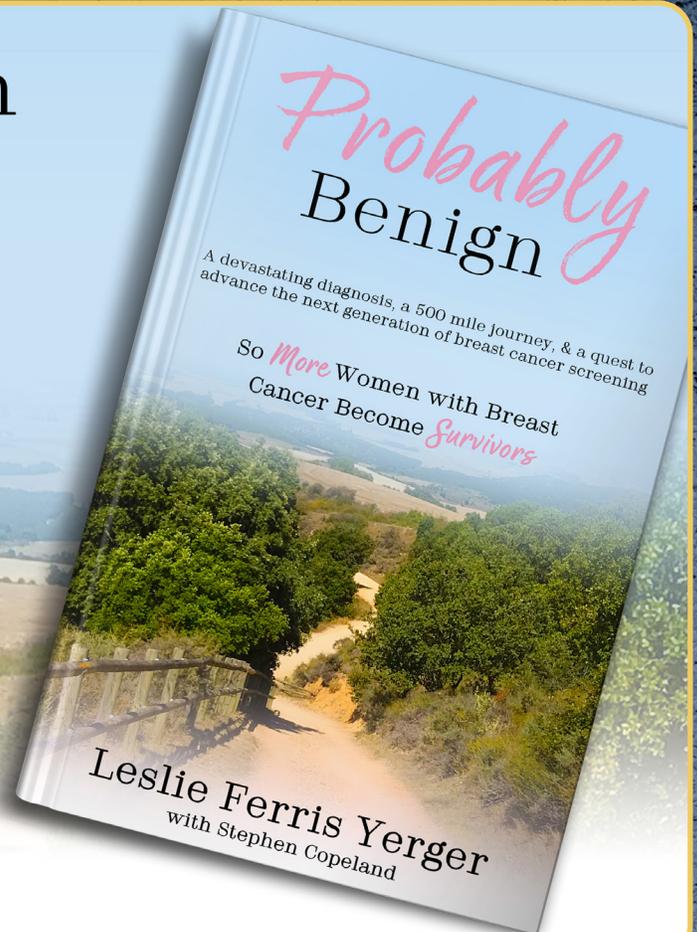
BOOK CLUB KIT

Probably Benign
by Leslie Ferris Yerger

*In Whose Life is
That Good Enough?*

Available Now

ProbablyBenign.com



**Invite Leslie today
to be a Virtual Guest Author at
your Book Club:**

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DISCUSSION QUESTIONS



- #1** Were you drawn immediately into *Probably Benign*, or did it take some time? What is your opinion of the title?
- #2** Leslie indicates that she never would have walked the entire Camino de Santiago had it not been for her cancer diagnosis. What event in your life has prompted you to do something that you otherwise wouldn't have?
- #3** In chapter 3, the concept of 'holding it loosely' both personally, and in regards to mammography and the medical community is discussed. Why do you think that both doctors and women hold onto mammography so tightly in spite of its shortcomings? Personally, is there anything you need to hold more loosely in order to leave space for something else?
- #4** Leslie felt it critical that she walk the Camino on her own. What appeals to you about doing things alone, and what doesn't? Why?
- #5** Leslie borrows the 'Man In the Arena' analogy from Brene Brown's *The Daring Way* to describe what she's doing, and the courage to get comfortable with her unknown future. What's your arena? Who's in your box seats, and who is in the cheap seats?
- #6** Leslie also discusses the idea of 'clear is kind, and unclear is unkind' especially in regards to the fact that the medical community has known breast density masks breast cancer in mammograms for decades and did not alert women to that fact. Do you think clear is kind, and unclear is unkind? Why, or why not?
- #7** Does the term 'Donativo' make sense to you? (Give what you can, and take what you need) Clearly this way of being does not fit well with our modern day world. Do you think it should? How would you implement it?
- #8** Leslie talks about the Meseta, the long boring part of the Camino in the middle. What's your metaphorical Meseta? What did you learn from it?
- #9** The Camino journey, especially near the end, is said to be spiritual. Did you feel that too? How?
- #10** At the very end of the book, Leslie talks about 'getting to see it swing' – metaphorically and for real. What is a time in your life when you got 'see it swing'? What do you hope to see 'swing' that you have not yet seen?
- #11** What is your favorite quote or passage in *Probably Benign*? Why?
- #12** What emotions were evoked in you as you read this book?
- #13** What's your biggest takeaway from *Probably Benign*?
- #14** What will you do differently regarding breast cancer screening for yourself and your loved ones?

BREAST CANCER FACTS

Know your breast density.

Do you know your breast density? Find out by getting a mammogram and reading your report. The law mandates that a rating of breast density must be in that report.

If it is not clear – ask!

Most cancers are in dense breast tissue.

71% of all breast cancers occur in women with dense breasts.

Mammography will find less than 1/2 of all cancers in dense breast tissue.

This includes 3D mammography – also called tomosynthesis or DBT.

Supplemental screening.

If you have dense breasts, consider supplemental breast cancer screening.

Explore the options on BeBreastSmart.com and talk with your doctor.

Breast density increases breast cancer risk.

70% of premenopausal women have dense breasts. After age, breast density is the highest risk factor for getting breast cancer (except for women with a genetic predisposition such as BRCA1, BRCA2, etc). A woman with extremely dense breasts is 4-6 times more likely to get breast cancer than a woman who has fatty breasts.

Mammography may not be enough.

Therefore in some cases, mammography alone fails those of us who might need it the most. Learn more at BeBreastSmart.com or google 'breast density'.

Ask, Learn, Insist, & Persist

– to get what you think you need and deserve! We cannot yet depend on all doctors to do this for us, so we **MUST** advocate for ourselves.

SANTIAGO CAKE RECIPE

"LA TORTA DE SANTIAGO"

Enjoy this traditional Santiago Almond Cake, or "La Torta de Santiago" with your family or your book club. Most pilgrims enjoy feasting on this delicious cake once they finally get to Santiago. It's gluten free!

Use the stencil on the next page to cut out your own Cross of St. James to decorate the top. The stencil, powdered sugar, and a sifter or wire strainer is all you need!



INSTRUCTIONS

- Finely grind the almonds in a food processor.
- With an electric mixer, beat the egg yolks with the sugar to a smooth pale cream. Beat in the zests and almond extract. Add the ground almonds and mix very well.
- With clean beaters, beat the egg whites in a large bowl until stiff peaks form. Fold them into the egg and almond mixture (the mixture is thick, so you will need to fold it quite a bit).
- Grease an 11-inch springform pan, preferably nonstick, with butter and dust it with flour or spray with cooking spray. Pour in the cake batter, and bake into a preheated 350°F for 40 minutes, or until it feels firm to the touch. Let cool before turning out.
- Just before serving, dust the top of the cake with confectioners' sugar. Or, if you like, cut a St. James cross out of paper. Place it in the middle of the cake, and dust the cake with confectioners' sugar, then remove the paper.

SANTIAGO CAKE STENCIL

*Cut out cross and place on baked cake
before topping with powdered sugar.*

