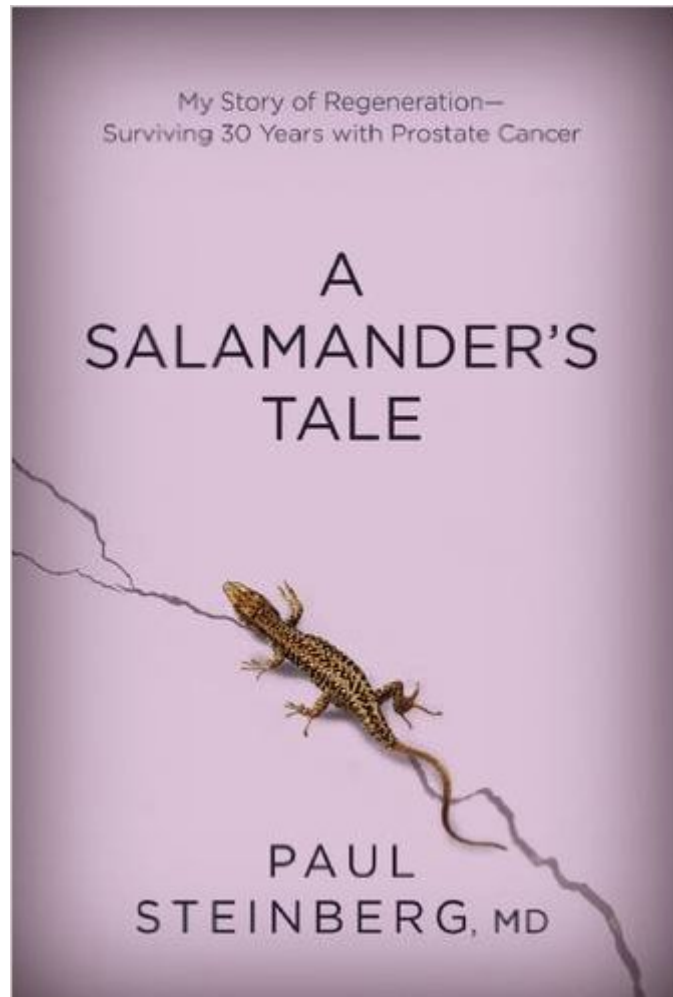


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# A Salamander's Tale: My Story Of Regeneration—Surviving 30 Years With Prostate Cancer



## Synopsis

Staring in the face of prostate cancer at age thirty-five and metastatic disease and proposed surgical castration at age forty, Paul Steinberg was forced to take two simultaneous journeys. The first was to transition from doctor to patient and surrender his physical health to a medical establishment he knew from firsthand knowledge would be using approaches that would be outdated within a few years. The second was a spiritual journey. His search for a higher meaning in his life sent him as far as walking over hot coals with Tony Robbins. Using the salamander as his role model, Steinberg, a college-health and sports psychiatrist, takes a look at the evolution of the regenerative capabilities of cold-blooded vertebrates like the salamander and at what we as humans have lost and gained in our warm-bloodedness. How do human beings regenerate? How do we redeem ourselves when our capacity for regeneration is limited? How did the prostate evolve, and how does prostate cancer develop? With wit and humor, Steinberg tackles lust and sex, and ultimately time and death and the gods. Having lived longer than virtually anyone else with metastatic prostate cancer, he uses his knowledge as a doctor and experience as a patient to provide a story of endurance and perseverance, weaving a tale of grace, regeneration, and redemption—just not the kind of regeneration and redemption that he or anyone else would expect.

## Book Information

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## Customer Reviews

Reading this book was a learning experience. I am grateful for the insight it has given me into fighting prostate cancer, the knowledge of some of the treatments available, and his diagnosis and

## decision making philosophy

Although it started out as expected, a story about prostate cancer survival, then it turned into a philosophical diatribe that meandered like a driverless motorcycle and ended in a ditch-namely my garbage. I didn't expect to hear why religion is the problem and why we are in trouble as a world according to the author.

This is an amazing story told in a truthful way--with humor, candidness, and creativity. The author tells his incredible story of survival and thriving despite some seemingly insurmountable obstacles and odds. Anyone who has faced or is facing a health crisis (or is close to someone in this situation) must read this inspiring book.

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