



NIKHOL J. ATKINS

BOOK OF BOOBS

A Visual Journey Through Breast Cancer

2023

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MEET NIKHOL

Nikhol J. Atkins is passionate about well-being. Her education, professional background and battles with cancer and depression have shaped her into an expert on well-being strategies. She has over 20 years of professional experience in the social justice advocacy space.

Nikhol has earned the following, Bachelor of Science in Healthcare Systems Administration, Master of Arts in General Administration with a concentration in Strategic Leadership, Master of Arts in Spirituality, Culture & Health, and a graduate certificate in Approaches to Spirituality & Healing. In addition, she's a certified yoga guide trained in restorative, trauma-informed, meditation and breathing practices.

Nikhol is a natural cheerleader whose radiant energy is infectious and uplifting. She enjoys traveling, minding her business, and staying hydrated.



ABOUT BOOK

“You have cancer”, are words no one wants to hear. Breast cancer can be a devastating diagnosis, bringing with it feelings of fear, anxiety, and uncertainty. “Book of Boobs” is a photo journey by Nikhol J. Atkins, that provides an authentic and often humorous perspective. This easy read is told through the unique lens of a woman’s experience, giving a personal view of the trials of a breast cancer diagnosis, and treatment. Nikhol skillfully weaves together moments of courage, sadness, and humor. Through her story, readers can gain insight into what it’s like to navigate the process of diagnosis, treatment, and vanity.

The book is filled with encouragement and is inspiring for anyone dealing with a challenging life event. It’s funny and honest. The themes of faith, strength,

and healing will stay with readers long after the book is finished.

Book of Boobs is a must-read for women facing breast cancer who need a guide to navigate the process.

**Author event with Nikhol J. Atkins,
hosted by Susan Piver NY Times
Bestselling author**

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TESTIMONIALS

"Anyone just diagnosed will find this book useful, encouraging, funny, REAL. Realness is the most helpful support of all. I read it in one sitting and will share it with anyone who needs it."

– **Susan Piver, New York Times bestselling author**

"This book is written in such an easy, gentle manner. It is the perfect read for anyone recently diagnosed with (breast) cancer or other life-altering diagnosis. It gives the real, but it also gives hope and faith to one who may have initially given up. This book is full of survival tips and how one might go about daily life, pick up the pieces and continue to LIVE."

– **DD**

"I watched this book grow from beginning to the now amazing final product! It's a beautiful and intimate testament to finding the strength and resilience to navigate such a scary time in one's life. The vulnerability Nikhol displays through this offering is an important aspect for all women but especially women of color who have often been ignored or sidelined in conversations about breast cancer or health care in general. Highly recommend!"

– **Megan Douglass**



Sample Questions & Answers

Q: Why did you write the book and include pictures?

A: Not sure what motivated it, but I was moved to take pics of myself as I went through this journey. I made a picture book for myself, when I finished chemo treatment, that included a brief sentence under each pic of my thoughts. I shared it with a couple people who were brought to tears. They encouraged me to expound on my thoughts and share them with others. I was very hesitant to put myself on display but I was motivated by not having pics to reference when I was diagnosed. I wanted others to have what I didn't, visuals and an authentic perspective.

Q: In chapter 9 of your book there's a section titled "I'm Not a Pink Warrior, Survivor, or Whatever". Expound on that.

A: The point is you have the right to feel any way you want, without apology. You don't have to identify as a "Pink Survivor", you don't need to become a vegan, and don't have to be the brave face of anything.

Q: Throughout the book you interlaced profanity, humor, fear, and resilience. Tell me about that.

A: Cancer diagnosis or not, life is full of humor (dark or otherwise), fear, and resilience. I like cussing not cursing. I wrote in my authentic voice, which is the only way I knew how. Who hasn't been scared, found a life moment funny, and lived to tell the story with cussing?

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