Cancer Lessons for the Pandemic

"A surprisingly large number of cancer survivors come out the other end of the experience seeing it as beneficial."

June 15, 2020 By Bob Barnett

"A surprisingly large number of cancer survivors come out the other end of the experience seeing it as beneficial. Not something they would wish anyone but revelatory. They emerge from the months of anxiety, suffering and uncertainty feeling a greater sense of purpose and a newfound appreciation for life.... They do not sweat the little things. They appreciate family time a lot more. They step away from the hamster wheel of work, or slow down. They bask in the second chance. Imagine if, collectively, we embraced this global pandemic as an opportunity for that sort of transformation."

—Canadian health columnist and author André Picard

© 2026 Smart + Strong All Rights Reserved.