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# Coping with lung cancer diagnosis

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## **Abstract**

This abstract encapsulates the strategies and resources available to individuals facing a diagnosis of lung cancer. Acknowledging the emotional impact, educating oneself about the disease, building a strong support system, prioritizing physical and emotional well-being, exploring coping strategies, and seeking hope and inspiration are highlighted as essential components of coping with this life-altering diagnosis. By embracing these approaches, individuals can navigate through the challenges of lung cancer with resilience, strength, and determination.

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