

# How To Fight Cancer Or A Terminal Illness: Robin Lightman Granat Shares One Important Tip

*Robin Lightman Granat has stage four cancer. She has discovered a way to battle her illness, improve her mood and create a purpose in her life.*

RIVER EDGE, NEW JERSEY, UNITED STATES, October 1, 2018 /EINPresswire.com/ -- Robin Lightman Granat was diagnosed with a glioblastoma approximately ten months ago.



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*Jay P. Granat, Ph.D.*

This is the same kind of cancer that took John McCain’s life and Edward Kennedy’s life.

This is stage four cancer. It is a serious diagnosis with a bleak prognosis.

“When people are struggling with cancer or another terminal illness, it is very useful for them to discover and to

get absorbed in a task that has some deep meaning for them.

It is easy and understandable to feel overwhelmed, frightened, sad, lethargic and depressed.

Conversely, having a cause, a sense of purpose and a desire to help other people can be quite therapeutic for a patient with a serious illness,” according to Jay P. Granat, Ph.D. who is a psychotherapist and licensed marriage and family therapist.

Dr. Granat has counseled patients with serious illnesses in his practice.

Two months ago, Robin and her husband Jay had a discussion about how she wanted to use her remaining time and energy and what Robin wanted her legacy to be.

These are not easy topics to discuss, but they are very important issues to get clarity on. These kinds of conversations are important for the patient and for the family members.

Robin has been interested in the Holocaust since she was a young girl. She first learned about The Holocaust when she was a young girl. Her father’s business partner and his wife had come over to Robin’s house for dinner and she noticed that they both had numbers tattooed on their arms. She asked about the origin and the purpose of these numbers. Her curiosity about this horrible period of history began at the dinner table that night.

Fast forward, a few years, and Robin met more Holocaust survivors while she was volunteering at a Jewish Facility in Providence, Rhode Island.

Fast forward about twenty more years and Mrs. Granat ran a senior community and was able to have stories and records included in the Yad Vashem database in Jerusalem.

When Robin said that she wanted to “educate the world about The Holocaust ,” The Educational Component of Yad Vashem seemed like a perfect fit for Robin’s time, energy and passion.

"It is important to do this education now as very few survivors will be around in ten years," says Robin.

Thus far, we have raised almost nine thousand dollars and already sent five thousand dollars to The American Society for Yad Vashem.

Robin’s family members are all working on this charity now. The family support, teamwork and synergy has been great for Robin’s mood.

“Our next goal is to get to ten thousand dollars. When we reach this goal, Robin will get a plaque on a bench outside of Yad Vashem with the Jerusalem Forest in the background.

Perhaps we will be able to make a trip to Israel to see the bench,”says Dr. Granat.

To learn about Robin's campaign and to contribute to this effort, watch these videos and go to:

<https://www.gofundme.com/5vzjvpk>

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