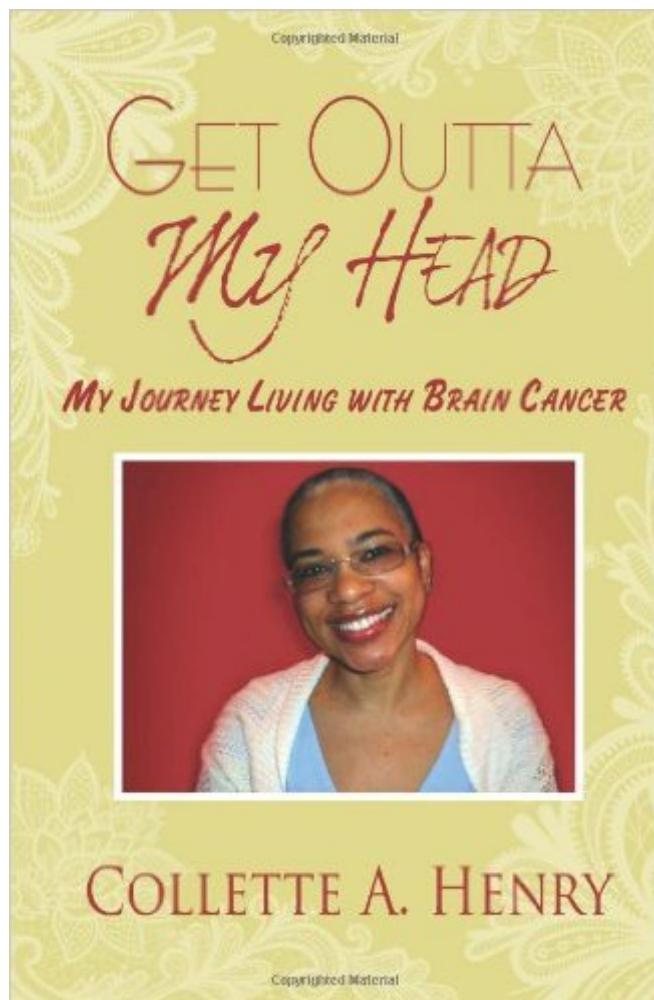


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# Get Outta My Head: My Journey Living With Brain Cancer



## Synopsis

This book tells the story of Collette Henry, a woman who in the midst of enjoying life is suddenly struck by a seizure that reveals a brain tumor, and then is subsequently diagnosed with brain cancer. Collette shares with her readers the impact such a diagnosis has upon her life, as well as the trials and adjustments she has to endure as a result of the tumor. In this book, you won't find the author displaying self-pity, but instead, you will find a vibrant fighter with an amazingly positive outlook on life. The author realizes that cancer is a serious issue, but she does not let it define her life or let it decide how she will live. Collette tells the story of how her traumatic experience started, and how she is coping with it today. Her story is best defined in the words of an unknown author which states, "At any given moment, you have the power to say 'this is NOT how the story is going to end.'"

## Book Information

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## Customer Reviews

From the outset, I will readily acknowledge that I may be biased for the simple reason that I am a close friend of the author and I contributed the foreword to the book. Even in light of that I hope you will take the time to read what I have to say about this work and its author Miss Collette A. Henry. All that I can add to what I have written already is that even though this book chronicles a segment in the life of someone with cancer it is far more than a story about cancer. It is a tale about humanity and life, how life is not constant, it is always in motion and in flux. It is about how a person can be in their prime and some unforeseen event strikes and totally disrupts things. For some this is the end of the story for they will succumb to adversity and lose hope. However, this is not the fate of all, there are those that will embrace the fact that things have changed and there is nothing left to do

but charge ahead and face the monster-like obstacle head on. Collette's story demonstrates the tenacity of the human spirit and the potential each and every one has within them. Whether someone is facing cancer or some other physical or mental impairment this book will inspire him or her to never give up and fight. As I mentioned in the beginning I may be somewhat partial but the only way to see if I am right is to pick this book up and read it for yourself.

This book is so important for those who have been diagnosed with and/or know anyone whom has brain cancer (or any forms of cancer). The book flows well and keeps the reader intently engaged. Highly motivational/inspirational to hear some of the horrific tales that the author had to endure, and yet she prevailed through all! A must read!!!

Ms. Collette Henry shares her journey with brain cancer -- her choice of words is a testament to her fortitude that must be viewed as a symbol of hope for those who find themselves in the same situation. LIVING with brain cancer, is a powerful statement as one could easily resign themselves to dying -- Ms. Henry does not. She is truly an inspiration to all that know her.

What would you do when the unexpected happens? Get Outta My Head is Collette Henry's account of just that. We are all living life not knowing what is around the corner. We hope for the best from the unknown. But life throws curves and we have to deal with them or crumble. Ms. Henry shows how she dealt with the curve life threw at her and knocked it out of the park. If you are looking to be inspired and empowered, I invite you to make this book a part of your strength building. It will give you hope in the moments you are hopeless and strength in the moments you are weak.

I spend most of my time reading theoretical and religious books. I knew about author Collette Henry's inspiring battle with brain cancer and her warm smile, but what a surprise awaited me as I opened her work and began reading it. Collette walks her readers along the path which led to the realization that she had a brain tumor-a tumor that required major surgery and lots of medical care. Amazingly, although receiving some tough news, she was able to skip the first four stages of grief (denial, anger, bargaining, and depression) and immediately grasp the fifth stage: acceptance. That approach to her brain cancer is a basic attribute of Collette's personality and her book. In this work, we learn about the daily struggles that accompany a diagnosis for cancer. There is an explanation of tumor grades. However, it's illuminating, easy to understand, and helpful. Collette also includes data for the ten most commonly diagnosed cancers for men and women. And there's even a

chapter entitled "Who Am I?" that contains serious reflection on exactly what constitutes the self. What part does the brain play in the constitution of the human self? Read chapter seven of this book to discover the answer. The book "Get Outta My Head" is a genuine page-turner. It's inspirational, educative, and practical. Along with vital information for cancer patients, readers of this publication will learn about the many goals Collette has achieved in the face of her battle with cancer. As she reminds us, cancer may have started the battle, but the author will end it. This narrative of the author's journey is for all kinds of readers.

There are few people in our Western culture who will intentionally submit their discomfort as a learning opportunity for others-- such a task is often far too sacrificial and revealing for our grade of culture. However, author Collette A. Henry steps outside of the Western norm and elegantly demonstrates true mastery of this feat. She has chronicled an undoubtedly uncomfortable and unfavorable experience just so others can hopefully be spared her pain. Henry's account of a personal battle against brain cancer is frank but lavish in intimate detail. There are no attempts to save face nor to embellish in pursuit of sympathy. One can easily sense her authenticity and an anchored solace in her own wisdom. Henry has thought deeply about her journey and she has filtered her knowledge through poised conviction and one of the purest displays of optimism. As she has set out to do, Henry abandons the standard morbidity associated with cancer for the poised confidence of a seasoned victor. When you read this book, I urge you to appreciate the care with which Henry has constructed her self portrait. Treasure her personal photographs, her thorough definitions and her candid dispelling of cancer myth. Stroll along the path she has taken. Sight-see and take snap-shots along the way. Each moment she shares is a token of survival-- each to be invested endlessly into humanity and cherished as an artifact of the most precious hope.

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