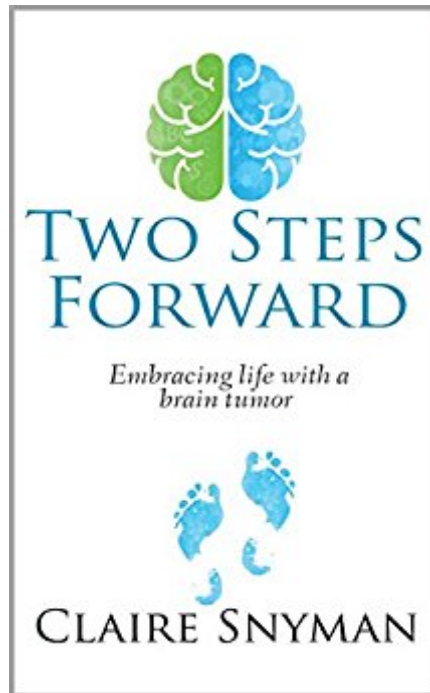


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# Two Steps Forward: Embracing Life With A Brain Tumor



## Synopsis

Friday morning, 14 May 2010, Claire Snyman opens her eyes to find the room spinning around her, the light fixture dancing above. Then she develops her first migraine ever. What is this about? She must just be overdoing it at work. As a busy marketing executive with a husband and young son, Claire is used to pushing her limits. But it's not too much work: it's a rare benign brain tumor. The diagnosis completely blindsides 34-year-old Claire and her family. Together they face the new reality of her condition while trying to navigate conflicting medical advice and cope with her new onset of symptoms. *Two Steps Forward* opens the door on life with a brain tumor and life after brain surgery: the frustrations, challenges and successes. A brain tumor touches not only the person with the tumor, but also their loved ones. In this compelling book, Claire documents her personal awakening as she learns to be her body's own advocate through the often-harrowing journey of life with a brain tumor, her misdiagnosis and the brain surgery and recovery that followed. As she slowly recovers, she comes to realize that life's small delights are just as important to embrace, be grateful for and believe in. This inspirational story is told with honesty, clarity and revelation. *Two Steps Forward* is an enlightening and compelling book for readers walking a similar path, but also for those facing a life-changing situation or for anyone looking for a positive and uplifting story.

## Book Information

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## Customer Reviews

Claire Snyman's "Two Steps Forward" is a candid account of what led her to undergo brain surgery at Johns Hopkins Hospital in Baltimore. She describes her visits to various physicians in Vancouver, British Columbia, where she lives with her husband, Marchand, and young son, Aiden; the CT Scans, MRIs, and other tests she took to enable her doctors to diagnose her condition and decide on a treatment plan; the surgery in August 2012; and her slow recovery that, for a year, left her exhausted and unable to perform many routine tasks. In the preface, Claire's neurosurgeon, Dr. Alfredo Quiñones-Hinojosa, explains that he operated on Claire to remove a colloid cyst that was obstructing the flow of fluids in her brain. • In this book, Claire shares her feelings and experiences in an attempt, not only to come to terms with her ordeal, but also to assist others who may be similarly afflicted. In May 2010, Claire Snyman was alarmed by symptoms that left her reeling: vertigo, extreme lethargy, severe headaches, and nausea. She was not able to go to work or take her child to preschool. Fortunately, Claire's devoted husband pitched in, as he would on many future occasions. Since Claire's doctors in Canada did not inspire her with complete confidence, she did her homework and consulted Dr. Quiñones-Hinojosa. He may have saved her life when she noticed that her cyst had grown and had to be removed as soon as possible.

I found Claire on twitter through a friend of mine known by the name of Lou and twitter handle of @TumorWarrior. He and I have been mutual friends for years, and he has led me to understand, support, and even understand many kinds of brain tumors. When I found Claire on Lou's page, I read up about her, and found that she had written a book, and learned everything I could about her, before I even contacted her. And then I decided more needed to know about her, and learn the things I have been learning. Many do not know about brain tumors, and many think that once people get tumors, they are a lost cause, and see them instantly and assume for the worst. I am not saying that that is not the case, but I want to let you the readers see, that sometimes there are lights at the end of the tunnels, and I also want you to see, that there are in fact, many struggles along the way. My goal here is: to help you as the reader, to see many new ways to look at brain tumors. Not just to cross the person off your list as a lost cause, and think that there is nothing more you can do, and not just to walk away. People with brain tumors have many different survival rates, and they

need you and I. Just as much as anyone else. So allow me to share with you the insight I found when I read Claire Snyman's beautiful book that allows you into her mind where she takes: "Two Steps Forward." In the beginning, Claire just thought she had a migraine and had been over doing it at work. She was only 34, married and has a young son. No one plans to get a brain tumor. Claire shows you her feelings, her thoughts, her anger, her pain, and everything she has felt from the beginning and how she even dealt with it.

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