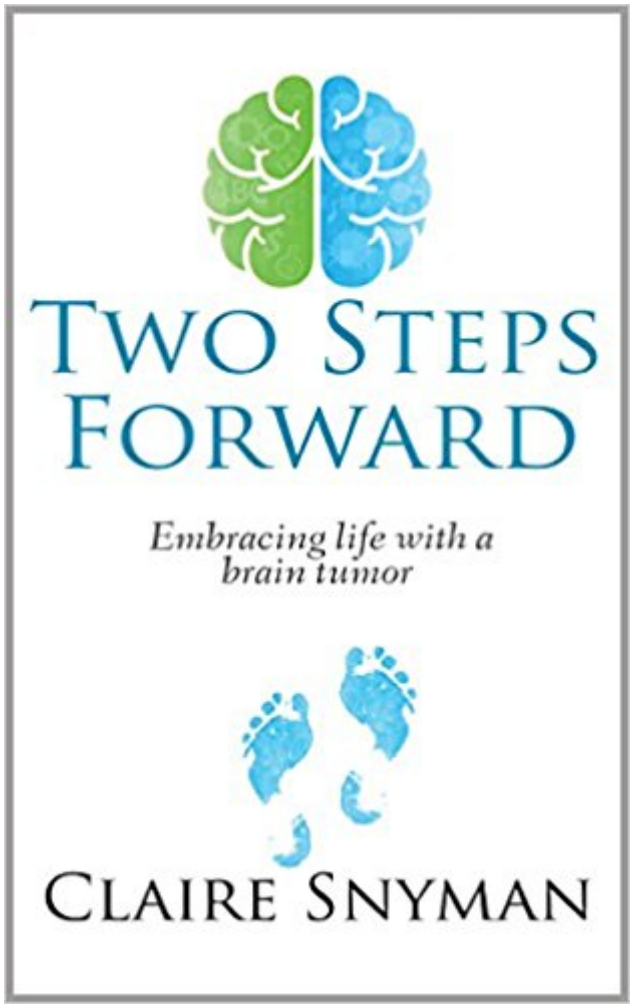
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# Two Steps Forward: Embracing Life With A Brain Tumor




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## 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 itÃ¢â ¬â„¢s not too much work: itÃ¢â ¬â„¢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 bodyÃ¢â ¬â„¢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 lifeÃ¢â ¬â„¢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

I thoroughly enjoyed reading Two Steps Forward. As an individual who had the same type of rare brain tumor that Ms.Snyman had I was interested in comparing my own experiences to hers. The book confirmed for me that everyone's experience with a brain tumor is different. Everyones family and friends also respond differently. After the long healing process, after the scars are gone, sometimes people forget what you went through or they think that since the tumor or cyst has been removed, that you are back to "normal". Unfortunately all too often, that is not the case. Ms. Snyman's book also illustrates how having a rare condition may lead to misdiagnosis. I highly recommend anyone who has/have a brain tumor or cyst or knows someone who has read this book. They will better understand what that person went through and is still going through even after the tumor has been removed. Any illness or injury concerning the brain are among the most misunderstood conditions among friends and relatives. I believe that reading Ms. Snyman's book will give people a better understanding of what is involved in having a tumor, having it surgically removed, and in the healing and recovery period.

I am amazed that Claire Snyman could write a book about an experience not unlike my own.. I would not wish this on anyone but it's refreshing to know that I'm not alone in this fight with a tumor that so many healthcare professionals, including family physicians, neurosurgeons and neurologists tend to brush off as insignificant. I am forever grateful to our friend in our amazing group that could put into words exactly what I could not.For those, like me, who still get frustrated that no doctor listens (and even laughs at you) don't give up. The struggle to be believed is real and someone out there will listen. Perseverance will get you the care you need and Two Steps Forward shows that by example. I hope that because of Two Steps Forward and Claire Snyman, more people who struggle with a diagnosis, treatment and recovery are able to find their way to our group and find the support they and their families so desperately need and are looking for.

Claire SnymanÃƒÂ¢Ã â ¬Ã â„¢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, ClaireÃƒÂ¢Ã â ¬Ã â„¢s neurosurgeon, Dr. Alfredo QuiÃƒÂ ones-Hinojosa, explains that he operated on Claire to remove Ã ƒÂ¢Ã â ¬Ã Å“a [colloid] cyst that was obstructing the flow of fluids in her brain.Ã ƒÂ¢Ã â ¬Ã Â• 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, ClaireÃƒÂ¢Ã â ¬Ã â„¢s devoted husband pitched in, as he would on many future occasions. Since ClaireÃƒÂ¢Ã â ¬Ã â„¢s doctors in Canada did not inspire her with complete confidence, she did her homework and consulted Dr. QuiÃƒÂ ones-Hinojosa. He may have saved her life when her noticed that her cyst had grown and had to be removed as soon as possible.The author tells us what she has learned: Ã ƒÂ¢Ã â ¬Ã Å“Be your own advocate and listen to your own bodyÃƒÂ¢Ã â ¬Ã Â•; keep a journal; prepare a list of questions prior to your medical appointments; take advantage of whatever support systems are available; be grateful for your blessings, no matter how minor they may seem; and have reasonable expectations while you are recuperating from surgery. Most people do not bounce back quickly, and it is unrealistic to expect too much too soon. Claire is not a professional writer and Ã ƒÂ¢Ã â ¬Ã Å“Two Steps Forward,Ã ƒÂ¢Ã â ¬Ã Â• although heartfelt and sincere, has its share of awkward and repetitious passages. Still, SnymanÃƒÂ¢Ã â ¬Ã â„¢s strength of character, as well as her honesty, intelligence, and compassion, earn our admiration. In addition, her practical advice can help individuals with neurological disorders, as well as their caregivers, to face adversity armed with practical strategies.

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