



BREAST CANCER: NEW BOOK USES HUMOR TO SHINE LIGHT ON A DARK SUBJECT

Breast Cancer is the most common cancer affecting women worldwide. The Covid-19 pandemic has led to more advanced-stage breast cancer diagnoses because of reduced access to screening and in-person medical appointments.

Ex-BBC journalist, public speaker and 2-time breast cancer survivor **C. J. Grace** is the author of *My Wild Ride: How to Thrive After Breast Cancer and Infidelity*, out October 2022. It is a candid comic memoir and meticulously-researched, uplifting survival guide. **Although they appear to be separate subjects, cancer may often follow or be followed by infidelity.** C. J. dealt with discovering her husband's adultery and then getting breast cancer—for the second time—by refusing to be a victim and keeping her snarky, *Monty-Python*-style sense of humor. She has a BRCA gene mutation that increases her breast cancer risk. C. J.'s humorous self-

help book, *Adulterer's Wife: How to Thrive Whether You Stay or Not*, was an international bestseller. When Arianna Huffington received a copy, she invited C. J. to be a HuffPost contributor. C. J. was a BBC broadcaster in Britain and later worked as a journalist advisor for China Radio International in Beijing, China. Currently based in the United States, **C. J.'s mission is to help people use adversity for positive change.**

My Wild Ride:

- Contains an unusual combination of black humor and pragmatism describing how to deal with the double whammy of cancer and a cheating spouse.
- Shows cancer patients and their family, friends and caregivers what to expect and how to make the best of their situation, covering both conventional and alternative therapies.
- Includes often-overlooked issues such as unsupportive partners, sex and celibacy, cancer etiquette, and end-of-life planning.
- Is inspirational and laugh-out-loud funny rather than sad and scary, packed with useful advice and oddball facts.

"If I had a friend with breast cancer, not only would I want them to read *My Wild Ride*, I'd want all their friends and relatives to read it, because they will tend to be pretty clueless about what happens to someone with cancer." —Diane Sward Rapaport, terminal cancer patient and author of *How to Make and Sell Your Own Recording*.

"C. J. Grace is able to take a scary topic and make it fun and engaging, so that you can't stop reading. She's also Mistress of the Witty Soundbite, so her ideas and stories stick with you." —Morgana Rae, bestselling author of *Financial Alchemy: Twelve Months of Magic and Manifestation*.



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