

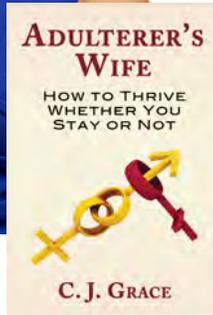
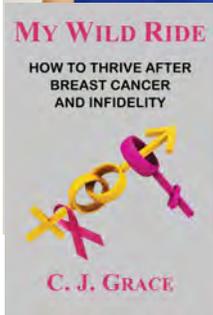


# C. J. GRACE



## Using Cancer & Infidelity for Positive Change

*My Wild Ride: How to Thrive After Breast Cancer and Infidelity* is C. J.'s comic self-help memoir. Her first book was *Adulterer's Wife: How to Thrive Whether You Stay or Not*. After receiving a copy, Arianna Huffington invited C. J. to be a *HuffPost* contributor. She dealt with the double whammy of discovering her husband's infidelity and then getting breast cancer—for the 2nd time—by refusing to be a victim and keeping her wicked sense of humor. Her infidelity mantra is "The best revenge is to get past the need for revenge." C. J. was a BBC journalist and voice-over artist in the UK, and later worked for China Radio International in Beijing. Now divorced, US based and a live TV host on the Thriving Women Network, C. J. insists that the obstacles she faced have enabled her to make her later life better than her younger days.



**Breast cancer & infidelity may seem like separate subjects, but one often follows the other. C. J. helps women use adversity for personal growth.**

**Breast Cancer 101:** What to expect after diagnosis, being your own advocate with no supportive partner, conventional and alternative treatment options, the bras and breast cancer link, BRCA genes, Angelina Jolie's mastectomy debate, implant illness, chemo and radiation, hair loss, wigs, emotional impacts on patients and caregivers, the healing power of humor, why positive thinking is both good and bad, cancer etiquette, cancer and sex, death and dying. C. J.'s cancer mantra is "Information is power." Candid about her own cancer story, she can be laugh-out-loud funny yet deeply inspiring, helping women take control of their illness and its aftermath. Her message: "Life is short—go for what you want now."

**Infidelity 101:** Why infidelity happens, overcoming the emotional roller coaster, deciding to stay or go, dealing with the other woman or man, why demonizing your cheating spouse harms you, celibate marriages, and reclaiming your sex life after adultery—with your spouse or someone else. Whether you're a woman or a man, straight or gay, C. J.'s **6-part program** can help you use the shock of betrayal as a catalyst to take back power and become more complete, creative and joyful—with or without a partner.

## PRAISE

"*Adulterer's Wife* is very clever and well-written. Such a good idea too."  
—Celia Walden, US Editor-at-Large, *Daily Telegraph*, UK.

"I love C. J.'s candor and humor. She models authenticity and resilience in a way that can empower anyone facing deep challenges."  
—Foster Gamble, co-creator of *Thrive* and *Thrive II* documentaries.



## CONTACT



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[adultererswife.com](http://adultererswife.com)  
books & blogs

[rentabrit.com](http://rentabrit.com)  
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## LINKS

C. J. on Thrive Global: <https://thriveglobal.com/authors/cj-grace/>

C. J. on HuffPost: <https://www.huffpost.com/author/c-j-grace>

C. J.'s Infidelity Advice: <https://www.adultererswife.com/media/c-j-s-infidelity-advice/>

C. J.'s Media & On-Stage Appearances: <https://www.adultererswife.com/media/cj-grace-radio-interviews/>

For C. J.'s 2 free mini eBooks about breast cancer & infidelity, & other free resources visit [cjauthor.com](http://cjauthor.com)

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