

# RECOVERING FROM A BENIGN BRAIN TUMOR

Posted by Cynthia Ryan

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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 all about?

She must be overdoing it at work.

But it's not too much work: it's a 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.

In her book, *Two Steps Forward*, 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. [Read a chapter of her book to learn more about Claire's story.](#)

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