

Synopsis for

Two Steps Forward – Embracing life with a brain tumor

2-line Summary

Two Steps Forward an inspirational story of a young mother and wife's often-harrowing journey through life with a benign brain tumor, misdiagnosis and brain surgery

Short Synopsis

Two Steps Forward – Embracing life with a brain tumor is an enlightening story about a young mother and wife as she learns to be her body's own advocate through the often-harrowing journey of life with a brain tumor, misdiagnosis, brain surgery and the recovery that followed. *Two Steps Forward* is a compelling book for readers walking a similar path, those facing life-changing situations or anyone looking for an inspiring story.

Medium Synopsis

When Claire Snyman is diagnosed with a rare benign brain tumor at the age of thirty-four, she and her family are completely blindsided. She tries to make sense of their new reality while trying to navigate conflicting medical advice.

Claire learns to be her body's own advocate as she undergoes a personal awakening during the often-harrowing journey of life with a brain tumor, her misdiagnosis and through the brain surgery and recovery that followed. This inspirational story of a woman, mother and wife 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 inspiring story.

Long 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.



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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.

Two Steps Forward may resonate with anyone who may have or has had a brain tumor or brain injury or is recovering from brain surgery. It may also be useful to caregivers of these individuals and medical professionals interested in hearing things from the patient's perspective.

"Claire's book is a testament to what the human spirit can do. She recollects her experiences with a passion and elegance, but at the same time with the strength that characterized her journey from diagnosis, to neurological compromise, to treatment, and towards recovery. You will not only relate to the anxieties of undergoing a surgery, and feel your own heart racing, but you will also come to understand the pain that Claire went through during her diagnosis and management, despite the fact that she remained strong and calm during the storm. Her recovery is remarkable, her words are deep, and her view of life is nothing short of heart warming—she is the real miracle!"

Alfredo Quiñones-Hinojosa, MD, FAANS, FACS
Professor of Neurological Surgery and Oncology,
Neuroscience, and Cellular and Molecular Medicine
Director, Brain Tumor Surgery Program, Johns Hopkins Bayview Hospital
Director, Pituitary Surgery Program, Johns Hopkins Hospital
Director, Brain Tumor Stem Cell Laboratory, Johns Hopkins University

"This book has many practical, easy-to-use sections, which form an invaluable resource for patients (and their families), dealing with the challenges of being diagnosed with having a brain tumor. However, such practical concerns about risk factors and personal behavior, what to do, what to avoid; seem minor compared with the book's deeper meaning, which is to illuminate how to come to terms with both the diagnosis and aftermath of brain surgery and, despite many setbacks, to live life to its fullest."

Carita McCallum (PhD, Psychology)

Claire will be donating a percentage of sales from her new book to the Brain Tumour Foundation of Canada* and to Johns Hopkins University* to help raise funds for brain tumor and brain cancer research.

* The donations referred to from the proceeds of book sales are based off the author's personal decision and no official contracts exist between the foundations referred to and the author.



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