



TWO STEPS FORWARD



# MANAGE YOUR HEALTH

## BRAIN TUMOUR SUPPORT

### Books and Blogs

[www.twosteps.ca](http://www.twosteps.ca)



## Blogs

<http://greymadder.net/>

<http://www.everywhereist.com/70-things-i-learned-from-having-a-brain-tumor/>

<https://glioblastology.com/>

<http://anneethompson.com/how-to/how-to-have-a-brain-tumour/>

<https://thelizarmy.com/>

<https://www.braintumour.ca/51/share-your-stories>

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## Books

### Non-Fiction

**Curveball: When Life Throws You a Brain Tumor** (Liz Holzemer)

[https://www.amazon.com/Curveball-When-Throws-Brain-Tumor-ebook/dp/B0084K0FBM/ref=sr\\_1\\_1?ie=UTF8&qid=1436287539&sr=8-1&keywords=curveball+when+life+throws+you+a+brain+tumor](https://www.amazon.com/Curveball-When-Throws-Brain-Tumor-ebook/dp/B0084K0FBM/ref=sr_1_1?ie=UTF8&qid=1436287539&sr=8-1&keywords=curveball+when+life+throws+you+a+brain+tumor)

**Becoming Dr. Q: My Journey from Migrant Farm Worker to Brain Surgeon**

(Alfredo Quinones-Hinojosa)

[https://www.amazon.com/Becoming-Dr-Journey-Migrant-Surgeon/dp/0520274563/ref=sr\\_1\\_1?ie=UTF8&qid=1436288337&sr=8-1&keywords=becoming+dr+q](https://www.amazon.com/Becoming-Dr-Journey-Migrant-Surgeon/dp/0520274563/ref=sr_1_1?ie=UTF8&qid=1436288337&sr=8-1&keywords=becoming+dr+q)

**Me, Myself and My Brain Stem Tumour: Memoirs of a Pediatric Brain Cancer Survivor**

(Bayan Azizi)

[https://www.amazon.com/Myself-Brain-Stem-Tumour-Pediatric/dp/0993714765/ref=sr\\_1\\_1?ie=UTF8&qid=1436287692&sr=8-1&keywords=me+myself+and+my+brain+stem+tumour](https://www.amazon.com/Myself-Brain-Stem-Tumour-Pediatric/dp/0993714765/ref=sr_1_1?ie=UTF8&qid=1436287692&sr=8-1&keywords=me+myself+and+my+brain+stem+tumour)

**My Stroke of Insight: A Brain Scientist's Personal Journey** (Jill Bolte Taylor)

[https://www.amazon.com/My-Stroke-Insight-Scientists-Personal/dp/0452295548/ref=sr\\_1\\_1?ie=UTF8&qid=1436287804&sr=8-1&keywords=my+stroke+of+insight](https://www.amazon.com/My-Stroke-Insight-Scientists-Personal/dp/0452295548/ref=sr_1_1?ie=UTF8&qid=1436287804&sr=8-1&keywords=my+stroke+of+insight)

**Two Steps Forward – Embracing life with a brain tumor** (Claire Snyman)

[https://www.amazon.com/Two-Steps-Forward-Embracing-brain/dp/0994759614/ref=sr\\_1\\_12?s=book&ie=UTF8&qid=1517595368&sr=1-12&keywords=two+steps+forward](https://www.amazon.com/Two-Steps-Forward-Embracing-brain/dp/0994759614/ref=sr_1_12?s=book&ie=UTF8&qid=1517595368&sr=1-12&keywords=two+steps+forward)



**Allison's Brain** (Robert McMechan)

[https://www.amazon.com/Allisons-Brain-Robert-McMechan/dp/1460251784/ref=sr\\_1\\_1?ie=UTF8&qid=1443643935&sr=8-1&keywords=allisons+brain](https://www.amazon.com/Allisons-Brain-Robert-McMechan/dp/1460251784/ref=sr_1_1?ie=UTF8&qid=1443643935&sr=8-1&keywords=allisons+brain)

**Hell in the Head: My War with a Brain Tumor and Other Evil Things** (David Douglas Shannon)

[https://www.amazon.com/Hell-Head-Brain-Tumor-Things/dp/0615642012/ref=sr\\_1\\_1?ie=UTF8&qid=1436288255&sr=8-1&keywords=hell+in+the+head](https://www.amazon.com/Hell-Head-Brain-Tumor-Things/dp/0615642012/ref=sr_1_1?ie=UTF8&qid=1436288255&sr=8-1&keywords=hell+in+the+head)

**The Man Who Mistook His Wife For A Hat: And Other Clinical Tales** (Oliver Sacks)

[https://www.amazon.com/Hell-Head-Brain-Tumor-Things/dp/0615642012/ref=sr\\_1\\_1?ie=UTF8&qid=1436288255&sr=8-1&keywords=hell+in+the+head](https://www.amazon.com/Hell-Head-Brain-Tumor-Things/dp/0615642012/ref=sr_1_1?ie=UTF8&qid=1436288255&sr=8-1&keywords=hell+in+the+head)

**Diary of a Headcase** (Faiza Siddiqui)

[https://www.amazon.co.uk/Diary-Headcase-Faiza-Siddiqui/dp/129191806X/ref=sr\\_1\\_1?ie=UTF8&qid=1436465528&sr=8-1&keywords=diary+of+a+headcase](https://www.amazon.co.uk/Diary-Headcase-Faiza-Siddiqui/dp/129191806X/ref=sr_1_1?ie=UTF8&qid=1436465528&sr=8-1&keywords=diary+of+a+headcase)

**The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity** (Norman Doidge)

[https://www.amazon.com/Brains-Way-Healing-Discoveries-Neuroplasticity/dp/067002550X/ref=sr\\_1\\_1?ie=UTF8&qid=1436465420&sr=8-1&keywords=brains+way+of+healing](https://www.amazon.com/Brains-Way-Healing-Discoveries-Neuroplasticity/dp/067002550X/ref=sr_1_1?ie=UTF8&qid=1436465420&sr=8-1&keywords=brains+way+of+healing)

**Do No Harm: Stories of Life, Death and Brain Surgery** (Henry Marsh)

[https://www.amazon.com/Do-No-Harm-Stories-Surgery/dp/125006581X/ref=sr\\_1\\_1?ie=UTF8&qid=1436465342&sr=8-1&keywords=do+no+harm](https://www.amazon.com/Do-No-Harm-Stories-Surgery/dp/125006581X/ref=sr_1_1?ie=UTF8&qid=1436465342&sr=8-1&keywords=do+no+harm)

**(Children's storybook for children affected by brain tumors either personally or through someone close to them)**

<https://www.braintumour.ca/245/storybook>

**I had Brain Surgery, What's Your Excuse?** (Suzy Becker)

[https://www.amazon.com/Brain-Surgery-Whats-Your-Excuse/dp/0761139796/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1487258823&sr=1-1&keywords=i+had+brain+surgery+what%27s+your+excuse](https://www.amazon.com/Brain-Surgery-Whats-Your-Excuse/dp/0761139796/ref=sr_1_1?s=books&ie=UTF8&qid=1487258823&sr=1-1&keywords=i+had+brain+surgery+what%27s+your+excuse)

**Musicophilia: Tales of Music and the Brain** (Oliver Sacks)

<https://www.oliversacks.com/books-by-oliver-sacks/musicophilia/>

**Brain on Fire: My month of madness** (Susannah Cahalan)

[https://www.amazon.com/Brain-Fire-My-Month-Madness/dp/1451621388/ref=sr\\_1\\_1?ie=UTF8&qid=1487256883&sr=8-1&keywords=brain+on+fire](https://www.amazon.com/Brain-Fire-My-Month-Madness/dp/1451621388/ref=sr_1_1?ie=UTF8&qid=1487256883&sr=8-1&keywords=brain+on+fire)

**Brain Tumour Foundation of Canada Northey Family Library**

<https://www.braintumour.ca/255/northey-fam>

