

Make Room for Healing: 40 Tips from a Breast Cancer Survivor

About the Book

Travis Brady is a seven-year Stage 3 breast cancer survivor. It took a full year from diagnosis to her final treatment. She wanted to give up, but she made the determination to do things differently by opening her heart, asking for help, and finding things that made treatment easier. Now, she's sharing what she learned, including practical tips and some new thinking on how to get through breast cancer treatment. She wrote *Make Room for Healing* in sequential order to guide readers through the cancer journey from start to finish. Unfortunately, there are a lot of people who need it:



- Every two minutes a woman is diagnosed with breast cancer in the U.S.
- Globally, 2.3 million women are diagnosed in a year.
- On average, each cancer patient has 20 concerned people supporting them
- This means that on planet Earth 46 million people will be touched by breast cancer in a year

Brady's warm, funny, and supportive voice does not focus on "fighting" her cancer. Her approach is different, choosing to focus on healing, not "combating," the disease. Whether a patient or a caregiver, Brady is the supportive best friend you need to help you through this challenging time.

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About the Author

Travis Brady is surviving and thriving past her Stage 3A ER+ PR+ breast cancer diagnosis in 2016. She wrote *Make Room for Healing: 40 Tips from a Breast Cancer Survivor* to pay forward all the help she received when undergoing treatment. Brady lives in Chapel Hill, NC with her husband and daughter. To learn more, please visit TravisBrady.com.



Travis Brady



Full Bio

Travis Brady is surviving and thriving past her Stage 3A ER+ PR+ breast cancer diagnosis in 2016. In her quest to help others like herself, Brady interviewed more than 50 breast cancer survivors, learning their needs and stories about getting through treatment. What she uncovered is that all the women were looking for positive survivor stories to give them direction and hope. This insight is what led Brady to write *Make Room for Healing: 40 Tips from a Breast Cancer Survivor*.

In addition to supporting cancer patients, Brady keeps busy with her 30-year career in marketing and employee relations. Brady lives in Chapel Hill, NC with her husband and daughter. To learn more, please visit TravisBrady.com.

Short Bio

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Sample Interview Questions for Travis Brady

1. How did you learn of your cancer diagnosis?
2. What did your doctor say when you were first diagnosed?
3. Could you explain how you felt when you found out that you had breast cancer?
4. What did you find most helpful during your cancer journey?
5. How long have you been in remission?
6. Why did you decide to write *Make Room for Healing*?
7. How did you come up with the title for your book?
8. How long did it take to write *Make Room for Healing*?
9. Which tip from your book do you think is most surprising?
10. Could you explain why you avoid talking about “fighting” or “combatting” cancer?
11. Where can readers find out more about your book?

Excerpt from *Make Room for Healing* by Travis Brady

I'm sorry you're holding this book. Seriously. It sucks that you or someone you love has breast cancer. The good news? You're not alone. One in eight women will be diagnosed with breast cancer. It is the second most common cancer in women. You may be saying to yourself, "Why is that good news?" Because it means that millions of research dollars and attention has been focused on treating this type of cancer. It also means that if caught early, breast cancer is not a death sentence.

Hey there, I'm Travis Brady. A she/hers with large, dense breasts who is also a seven-year stage 3A ER+ PR+ breast cancer survivor. On one level, I never thought I'd make it this far from diagnosis. My cancer was aggressive. I had five lymph nodes involved. On another level, after my diagnosis, I set my sights on the age I wanted to die. Ninety-two. I was 46 during treatment and figured, "I'm halfway through my life, time to live another forty-six." Fingers crossed.

My intention in creating this guide is to help make treatment easier. While I was going through surgery, chemotherapy, and radiation, I scoured my friends and their friends, and friends of their friends for those who had been treated before me. I needed these women to give tips on what would make this laborious process smoother, gentler, more manageable. Even though I was 46, I had a three-year-old at home and knew I needed help.

This guide offers you all the help I got. My hope is that you'll take what resonates and leave the rest. Maybe you'll even find your own treatment hacks and send them to me (connect@travisbrady.com) so I can share them with others.

Treatment is hard. I'm not going to lie. But having these tips and practices helped me feel a bit more in control in an uncontrollable situation.

The thoughtful organization of the book is meant to sequentially walk with you through treatment. The first section, Support, offers things to think about first: conscious steps that if taken now will make the journey smoother. The next section, Prepare, offers items and practices that helped me physically cope. In Nourish, I give you a shortcut to the nutritional practices that supported my body. Heal takes you through things you may not have considered but might be open to now. Lastly, Enjoy is asking you to cultivate experiences where you derive great enjoyment. All of it is meant to support you.

Before I started my treatment, I spoke to an oncologist at Johns Hopkins Hospital. It was before my treatment at Duke University and UNC Hospitals. He said something then that I want to pass on to you now. He said, "Travis, you have to make room for treatment." He knew by speaking with me for just a few minutes I was trying to systematically plan each step like a project at work. That was not going to do. I heeded his advice allowing myself the time and space to check-in every day to see how I felt. To see what I needed and how to support myself.

The key to all of this was asking for help and getting answers. I've put all that I learned and experienced in this guide. My hope is that it helps you on your journey.