



Between Me and the River

Living Beyond Cancer: A Memoir

Carrie Host

To be published by Mira on 1 January 2010 \$32.99

Diagnosed at age 40 with a rare form of cancer, a writer and mother recounts the medical, familial and personal challenges of facing a life-threatening condition.

On October 31, 2003, Carrie Host's life changed forever. This was the day that she discovered that the severe recurring pain in her abdomen was caused by a rare and deadly form of cancer known as carcinoid tumor. When Host is diagnosed she has just turned 40, has a happy marriage and three beautiful children, including a 10-month old baby she is still nursing.

Filled with humour and despair, fear and hope, *Between Me and the River* is more than just a cancer memoir—it is also a guidebook for others with serious illnesses, and provides a deep sense of insight and understanding for survivors, caregivers, family members and friends.

PRAISE FOR *BETWEEN ME AND THE RIVER*

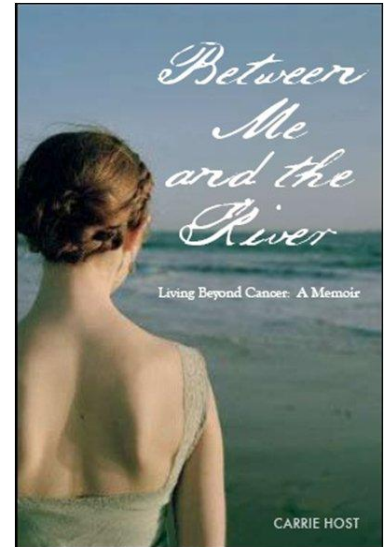
A powerful, thought-provoking book that never leaves you. **Clive Cussler**

While some authors face their situation with an arsenal of rage and dark, pointed humour, debut author Host writes about her illness with the nuanced grace of a poet whose perspective extends beyond her own experience. **Kirkus Review**

In this heartfelt narrative, Host attempts to simultaneously fight the disease and find peace with the possibility of death while remaining strong and hopeful. The author describes the moments of comfort and joy she receives from those around her, but she doesn't flinch from the realities of life-threatening illness. **Publishers Weekly (USA)**

ABOUT CARRIE HOST

Carrie Host is a mother, writer and volunteer. She lives in Boulder, Colorado, with her husband, Amory, and their children, Chanel, Marco and William.



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Carrie Host, author of *Between Me and the River*

As a cancer patient currently in treatment, I receive an injection to keep my cancer "fenced in" every 27 days. While I wish I could claim "remission" or say "back when I had cancer" I am still here in the cancer world, writing. I have endeavored to give others with cancer the sense of being understood and to describe that which no one is talking about. I was inspired to write this book both by the isolation of deep suffering and knowing that my children would perhaps be better off having answers to their own questions someday, in relation to this period of time. In that way, the book began more as a kind of love letter to my kids.

As I began to write, I realised fairly quickly that there are a ton of unspoken details that I believe all of us with cancer do actually experience. No one talks about that part of it. So I thought with what seemed a very short future, I should write about the unspoken aspects of living with an incurable disease, as honestly as I could.

Between Me and the River describes aspects of cancer that are extremely difficult to uncover. I've been told again and again that this book opens the curtain that cancer creates between those who have it and those who don't. Sometimes I am addressing those of us who have cancer, and sometimes I'm including those of you who love us, care for us, and are part of our "cancer community."

The main themes of the book are finding strength by accepting weakness, choosing to love under all circumstances and treasuring the everyday beauty of our lives.

I hope that somewhere in these pages you will experience the sense of being understood, as though by an old friend; a friend you don't need words for, the kind you sit quietly with knowing that the unspoken is everything.

I also hope that reading my book will be as close to actually having cancer as you'll ever have to get. For those of us who have been less fortunate, may my book help you and yours bear the burden. We can do it beautifully. Ultimately, I wanted my words to illuminate the very dark halls of cancer for others.

Writing this book has been intense, given the nature of expressing the underlying currents of emotions. Some days, after I would work out a piece in the manuscript, I would have to go to bed and sleep off the experience. Thankfully, it was always a restful and restorative sleep because I knew I had given you, the reader, my best and perhaps as important, the truth.

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