

A Story of Love and Perseverance

The Trials and Trips of Being Thrown into the Role of Caregiving for your Spouse

One Pedal at a Time: A Novice Caregiver and Her Cyclist Husband Face Their New Normal with Courage, Tenacity and Abundant Love by CJ Golden

One Pedal at a Time: A Novice Caregiver and Her Cyclist Husband Face Their New Normal with Courage, Tenacity, and Abundant Love follows the yearlong journey of a long-distance cyclist during and after his cancer-induced strokes.

Presented in three parts, Meet Joe and CJ as they are joined together in a marriage built on love, mutual respect and support. This sets the stage for the strength of CJ's devotion to help Joe survive the cancer and subsequent strokes that threatened to take his life. It also helps to understand the depth of Joe's tenacity in weathering the forces of nature that threatened to bring a premature end to his cycling adventures.

CJ shares real-time email updates about Joe's illness, from the dire first months to the present and his miraculous recuperation, followed by a corresponding lesson CJ learned as caregiver, sharing information and encouragement to others in the same position. Golden assures the reader that there can be hope and light in even this most dire of situations.

Caregivers will find a list of available physical, emotional and financial resources at the end of the book.

Discussion topics

- Caregiver, Soothe Thyself
- Unique love story for Valentine's - In sickness and in health
- February 16, 2018 is National Caregiver's Day
- March is Women's Empowerment Month - 5 Steps Women Can Take to Gain Control in Situations That Feel Out-of-Control
- Hospital 101 - shadowing medical staff; asking the right questions to get answers that will help get the most effective care for a loved one
- 5 Tips to make the transition from hospital care to home care a little easier
- Those Hidden Cracks in relationships – surprising ways people respond or don't when you're experiencing tragedy. How to help them help you
- Magical Thinking – what is it? and can it affect your loved one's survival?
- Much to be Thankful For – 3 Simple Ways to find the positive in very negative circumstances
- Life Redux – life is different after the healing – how to start over with your new normal
- One Pedal at a Time – Steps to get through debilitating illness and the recovery process

One Pedal at a Time

A Novice Caregiver and
Her Cyclist Husband
Face Their New Normal With Courage,
Tenacity and Abundant Love

CJ Golden



BOOK DETAILS

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About the Author:

CJ Golden may be a sweet, 70-something grandma-type; however, she is anything but typical. Continually reinventing herself, Golden has enjoyed successful careers as: a speech and hearing therapist, group sales manager of an Equity playhouse, she has acted in professionally on stage, screen, and TV in New York and Los Angeles, and is a published author of poetry, short stories, essays, articles and blogs.

Golden's voice is one of a kind that imparts wisdom while staying completely accessible to her audiences; like a spunky fairy-godmother with the occasionally red or green tipped hair, she is a shoulder to lean on and a 'rock on' motivator all in one. *One Pedal at a Time* is her third book.

Praise

"*One Pedal at a Time*" is a deeply personal and honest account of CJ's caregiving journey throughout her husband's illness. Caregiving is so prevalent, and yet the many facets of the caregiving experience often go unspoken, and unrecognized. While the specific nuances vary for each individual, CJ's narrative gives voice to many common fears, disappointments, challenges, lessons learned, and triumphs experienced by caregivers on their journeys. The analogy of her husband's toughest cross-country bike ride shines great light on their path individually and as a couple throughout his illness, their unceasing perseverance, and their ability to move forward one pedal at a time. A poignant and touching book - a must read for every caregiver. **-Miranda Dold, LCSW I Manager, Goldstone Caregiver Center, Danbury Hospital**

"This book shows a wife's deep love for her husband and the trial of illness they endured together. The reader gets a first-hand account of the rollercoaster of caregiving, bringing about much understanding of the emotions involved." **-Dr. Kelsey Crowe, Founder Help Each Other Out, co-author of There is No Good Card for This: What to say and do when life is scary, awful, and unfair to the people you love**

"As a professional in the field of geriatric healthcare for over 25 years, it is clear to me that the author captures the agonizing ups and downs as she learns devastating news that changed her life. I found myself moved as I followed each step along her path; written with her soul that exposed raw emotions from fear that anticipated the worst to peace and comfort as she schooled herself to find a new normal. This is a book essential to my library and one that every caregiver should read to learn how to navigate the roller coaster that their lives may take. Advocacy is not necessarily an innate talent; the author's final chapters describing how she navigates to take on the role of a patient advocate is enlightening and will no doubt help readers find their way. The words on these pages are real; hope and resilience lead the way."

-Eileen Joseph, Clinical Social Worker, PAC Certified Dementia Trainer

"'Out of a place of regret for loss, to a place of thanksgiving for what we have,' CJ chronicles an honest and poignant journey that provides insight and clarity for anyone taking on the unexpected role of caregiver to a loved one. With authenticity and sensitivity, one comes to understand all that comes with caring for a loved one after a stroke. The unique structure of the book helps provide insights, resources, as well as compassionate strategies that are good pathways for others to follow. You join CJ in her journey and feel all the emotional ups and downs along with attitudinal adjustments necessary to move forward. As a caregiver to a husband post stroke, I found the book filled with practical advice and honest emotion that served me well in my own journey to acceptance." **-Barbara Phillips, Senior Vice President, Learning Dynamics and caregiver**

Media Contact: Leslie Barrett | 512-501-4399 x707 | leslie@prbythebook.com



**Author, CJ Golden
(Newtown, CT)**

Author's Website:

www.cjgolden.com

Facebook:

facebook.com/cjgoldenauthor

Twitter:

twitter.com/cjgoldenauthor

LinkedIn:

www.linkedin.com/in/c-j-golden-6a65666

YouTube:

www.youtube.com/user/cjtaogirl1

www.prbythebook.com