

A Review of

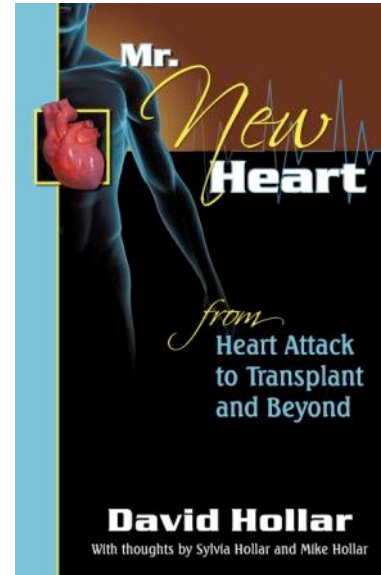
## **Mr. NewHeart**

Heart Attack to Transplant and Beyond

Author: David Hollar

Reviewed by Jim Gleason, heart recipient

In this real-life account leading up to and for an inspiring sixteen years after his heart transplant (as written in 2007), David Hollar tells in short simple to understand chapters and easy to relate to language what it was like for him and his family as they faced death and the uncertainty of many procedure outcomes along the way. His very personal story is one of a strong faith in God (supported even more by the Easter Sunday arrival of his donor heart!) and the combined support of family, friends and a strong medical team that results in long term survival and many lessons shared with his readers. As is often the case, while many transplant patients do not face many of the challenges and complications David endures and describes, in their own uneventful lives there is no story to write a book about. So I caution the reader to read this with the understanding that each transplanted life faces their own unique story. Hopefully yours is not as complex as his.



Having recently read an historical account of the early human heart transplants in the book, *Every Second Counts*, this relatively early-on heart transplant (David's was done in '91) was a clear reminder of how our treatment has changed for the better over these past years. Things can only get even better with each passing milestone of medical discovery as we live more years despite life threatening heart issues too often resulted in younger deaths. Today we live longer and so, often experience more medical issues than we would have otherwise avoided through that shorter lifespan. David shares his experiences with prostate cancer and kidney failure, both dealt with successfully given extended life years post transplant, aided by his new strong and now healthy heart. I related personally to his life story in many ways – having my heart transplant in '94, exactly two years from the onset of heart issues as was his, dealing with prostate cancer and diabetes successfully in later years, retiring after 37 years in 2005 just as he did, writing my own book and finally being within one year of his age myself. So his story in some ways hits home for me and may be typical, but then he faced many more complications. Take his lessons to heart, and don't assume you will face the same issues as a heart recipient. Each of us writes our own life story, benefiting from valuable lessons by those who have gone on before us. That is the value in reading this book beyond its entertaining well written inspiring life story.

David goes beyond just the story, however, embedding just enough medical detail quoted from authoritative sources to allow the reader to understand the procedures he undergoes, adding a valuable educational element to this book. In another insightful addition, we are offered several chapters written by his loving caregiver spouse and college aged son, sharing their own perspectives in living through David's life threatening events, a dimension often given too short attention in such writings.

Let me close with a quote (page 136) from his son's recollection of that time. During one of several anxious waiting times as his dad was undergoing surgery of the heart, this one already lasting several hours, the surgeon came out to warn them that things were not looking good. Mike recalls wondering how are you supposed to respond to a statement like that? He shares this answer: ***"If you ever find yourself wondering the same thing, take my advice. Close your eyes and pray."*** That's wise advice for all of us, wouldn't you agree. Take that to heart as you face your own life challenges, inspired by David and his family's wonderful story as he continues to enjoy life sixteen years with his transplanted heart, hopefully for many years more.

Note: For further information about **Mr. NewHeart** and purchase options, go to [www.bbotw.com](http://www.bbotw.com) or call 877-289-2665. 12/2010: Also now available for free in downloadable PDF format at <http://www.lulu.com/product/ebook/mr-newheart--heart-attack-to-transplant-and-beyond/14358067>

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**Reviewer Brief bio:**

Jim Gleason, received his heart transplant Oct. '94. Jim volunteers with NKF, UNOS and the Gift of Life Donor Program in Philadelphia as well as being a nationally recognized speaker and author. His book, [A Gift from the Heart](#), is offered both for downloading or on a CD free as thanks to his donor family and can be obtained by clicking of the title here or contacting him via e-mail at GLEASONJIM@AOL.COM.