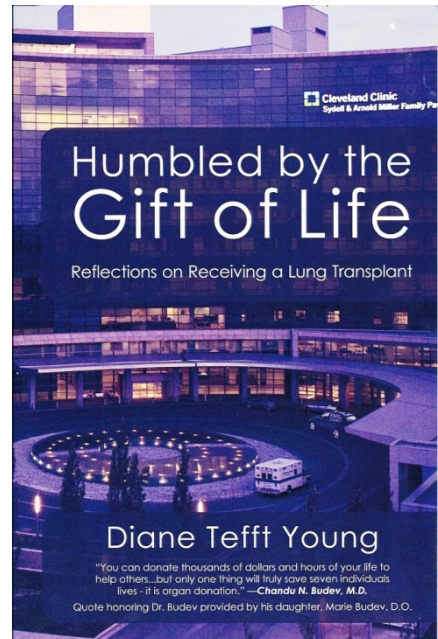


A Review of
***Humbled by the Gift of Life: Reflections of
Receiving a Lung Transplant (2012)***

Author: Diane Tefft Young

Often a patient is too sick to enjoy or take advantage of a needed resource, such as a book about the life challenge they are facing. Call it overload of information or a book that is just too long and detailed to meet their needs while in that desperate condition of reduced mental ability. Diane Young's book can meet that need with its simple yet complete personal story telling content. While 19 chapters long with another three supporting sections of helpful lists and discussion points, her message of hope interspersed with humor, is compacted into just 49 numbered pages, with 17 of those being blank pages between chapters. This offers the reader a gentle easy reading experience filled with insightful information about what life was like for this author waiting for and finally receiving lung transplant on the fateful date of 10-10-10. What a gift when your medical condition saps both strength and attention span that prevents use of deeper and longer books.



Diane gives testimony of her strong faith that, along with a bevy of critical caregivers, provided the support she needed to go along with her own personal courage and determination to live and then share this story for fellow travelers down the road to a successful organ transplant. Diagnosed with idiopathic pulmonary fibrosis, we are offered a clear insight to the years from 2005 to the present as she moves through desperate stages of decline and eventual life renewed through the miracle of organ donation.

She offers us a lesson in self-love, so critical a foundation to being able to accept outside support from others at a time of medical crisis. Hers is a positive tale of faith, hope, determination, and in the end, enormous gratitude. Beyond transplant patients, caregivers, and friends, her message is for any who are struggling with terminal and/or life-long illnesses.

Finally, there are three sections of special support:

1. A discussion guide for patients
2. Ten helpful behaviors for family, friends, and volunteers
3. Twenty life experiences which encourage positive outcomes

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Note: **Humbled by the Gift of Life** is available in paperback from [Amazon](#) (← click here to link to this book) and **CreateSpace**; a Kindle version is planned.

To see the author's story on-line check out <http://www.lifelineofohio.org/2011/08/i-am-humbled-by-the-gift-of-life/>

Reviewer bio: Jim Gleason, receiving his own heart transplant Oct. '94, retired after 37 years with Unisys Corporation in 2005, is a volunteer with NKF, UNOS and the Gift of Life Donor Program in Philadelphia, as well as a nationally recognized speaker and author. His own book, **A Gift from the Heart**, is offered in thanks to his donor family

and can be viewed on-line or obtained on a CD without cost by contacting him at GleasonJim@aol.com