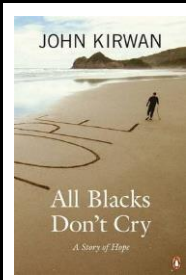


## Personal Stories

	<p><b>Life, love and loss.</b> By Lorraine Downes. (NZ)</p> <p>Former Miss New Zealand, Miss Universe and winner of New Zealand version of Dancing with the Stars., Lorraine Downes is well known to many of us. In this book she shares details of her first marriage to All Black Murray Mexted, her delight in her two children, and her relationship with cricketer, Martin Crowe. Lorraine has navigated tough periods in her life, including rebuilding her life after divorce and dealing with Martin's devastating illness and death. When Martin was diagnosed with lymphoma Lorraine became his primary caregiver, and after four years of illness he tragically died. Lorraine is now finding her way through her grief, and with honesty and wisdom, she shares what got her through the challenges she faced.</p>
	<p><b>Message to My Girl: A dying father's powerful legacy of hope.</b> By Dr Jared Noel with David W Williams. (NZ)</p> <p>With only six weeks to live, Dr Jared Noel took on the most ambitious project of his life - to document what it was like to die, and to record his final reflections on where a young person facing the end of life could find hope, value, and meaning. The result is extraordinary: a deeply personal and highly inspirational story of purpose, courage and love to the very end.</p>
	<p><b>I Choose Everything: Embracing life in the face of terminal illness.</b> By Jozanne Moss &amp; Michael Wenham</p> <p>Jozanne Moss and Michael Wenham have only met by email. Both are dying of Motor Neurone Disease. Both are married to remarkable people who support and care for them. Through Jozanne's story they address the myth that pain and suffering are sent by dark powers, and that God is only responsible for the good bits. Their story is sombre yet wonderfully uplifting, made radiant by the faith of the two authors.</p>
	<p><b>Down Came the Rain: A mother's story of depression and recovery.</b> By Brooke Shields</p> <p>With astonishing honesty and a refreshingly wry sense of humour, Brooke Shields writes about her battle with postnatal depression, and her slow path to recovery.</p>

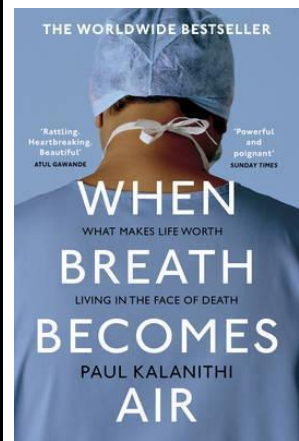


**All Blacks Don't Cry: A Story of Hope.** By Sir John Kirwan (NZ)  
All Blacks Don't Cry is John Kirwan's story of hope, of working through the pain and living a full life. It is a poignant, inspirational and helpful example for anybody battling depression.



**Remember me Mrs V? Caring for my wife: her Alzheimer's and others' stories.** By Tom Valenta

Valenta, a former journalist, tells his very personal story of looking after his wife, Marie, as well as the stories of thirteen other carers who have been on similar journeys.

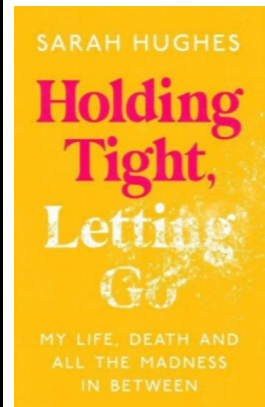


**When Breath Becomes Air.** By Paul Kalanithi

At the age of thirty-six, on the verge of completing a decade's training as a neurosurgeon, Paul Kalanithi was diagnosed with inoperable lung cancer. One day he was a doctor treating the dying, the next he was a patient struggling to live.

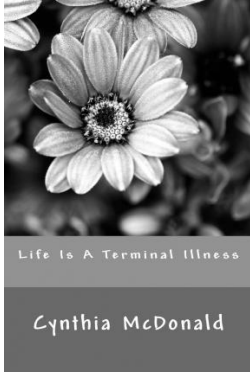
When Breath Becomes Air chronicles Kalanithi's transformation from a medical student asking what makes a meaningful life into a neurosurgeon working in the core of human identity - the brain - and finally into a patient and a new father.

Paul Kalanithi died while working on this profoundly moving book, yet his words live on as a guide to us all. When Breath Becomes Air is a life-affirming reflection on facing our mortality and on the relationship between doctor and patient, from a gifted writer who became both.



**Holding tight, letting go: My life, death and all the madness in between.** By Sarah Hughes

This is a wise and witty memoir of journalist Sarah Hughes, who lived with terminal metastatic cancer for over three years and who died in April 2021. Made up of a collection of articles and anecdotes, this book is a celebration of everything that can make up a life, and how to hold it all close:



**Life is a terminal illness.** By Cynthia McDonald

In 2013, the author was diagnosed with terminal brain cancer. This account chronicles that journey and how the experience changed her life for the better. Learning to see the positive in a terminal diagnosis gave her the strength to become a better person and see the world around her in a more positive way. This small book is published with larger print and would read aloud well if concentration is an issue.