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Take A Breath: A Transplant Journey



Synopsis

STOP. BREATHE. Now feel the oxygen coming in and out of your lungs. It's simple, easy, something you do every day without even thinking about it. But what if one day you woke up and couldn't? Walking to your car felt like running a mile? What if your entire life depended on the decision of a stranger...choosing to be or not to be an organ donor? In this true story, Dr. Karen A. Kelly M.D. shares her husband's journey through a life-saving lung transplant. Learning about his courageous battle can help any patient or caregiver understand the extensive responsibilities required for a successful organ transplant. As a pediatrician, Dr. Kelly found herself in a different role as caretaker not as provider. Her experience highlights the vital importance of taking care of oneself in order to adequately care for a sick loved one. She also stresses the importance of stopping: to rest, to take a deep breath, to laugh, and to rejuvenate. The Kelly's story sheds light on the shocking realization that 120,000 people in the U. S. right now are waiting for an organ transplant and that twenty of those people will die every day waiting on the list for a stranger to decide to be a hero. To become an organ donor, please visit Donatelife.net.

Book Information

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Customer Reviews

This was incredible. I (and I am sure like most people) had no idea of the history/situation with organ donation/transplant nor the incredible challenges presented by every aspect of the process. This story focuses on lung transplant but is applicable to any type of organ donation/transplant. The unique perspective provided by a person who is both a medical professional and the spouse of the recipient is both educational and very moving. Everyone should read this book! The knowledge gained from it could save a life and it reminds us just how important it is to focus on health and happiness.

Dr. Karen Kelly does a wonderful job sharing she and her husband's "Transplant Journey". There is a lot of information in this little book that can benefit others facing this daunting life challenge. As she and her husband continue on this journey I hope there will be more chapters shared. You have to admire their courage and determination. There is a wonderful voice here reminding us all how important and powerful organ donation benefits so many on both sides of the experience. This will be a nice Christmas gift to family and friends

The story gives the reader an insider perspective of the entire process of being a lung transplant recipient, but is written by the recipient's wife, who happens to be a doctor. The story tells the heartfelt challenges, setbacks, and emotional roller coaster that families must face. The book is also educational, as it provides statistics and sometimes the cold, hard reality of the organ donation process. I am happy that I read the book and very happy for the doctor's family and their future together.

This book is an excellent personal story about a lung transplant experience. Dr. Karen Kelly captures many aspects and emotions of patients and their families who go through a transplant. As a nurse, this book has given me a different view of patients who are waiting for an organ, and those who have already been through this process. I would highly recommend this book for health care professionals as well as anyone interested in a great book.

Beautifully written, and right to the point. Karen tells the transplant journey with such understanding, for she has lived it with her husband. I would recommend anyone considering a lung transplant read this book.

Very informative read from an interesting angle, being a physician and a caregiver. I thoroughly enjoyed the book and will recommend it to friends.

great story, if your interested in transplants this will help your journey .

Enjoyed reading! Very informative about procedures, process, and facts.

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