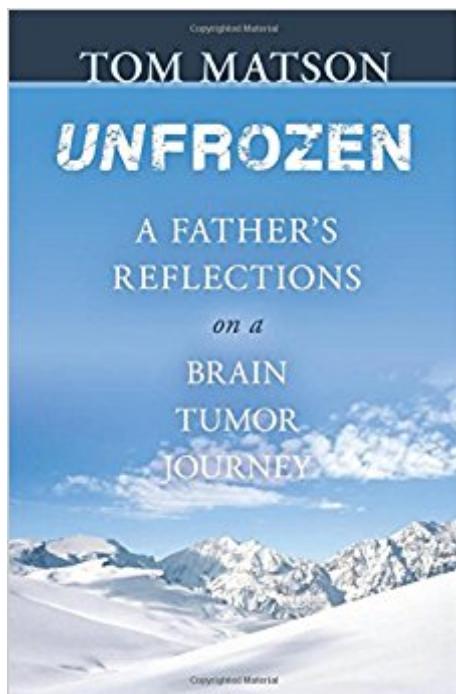


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# Unfrozen: A Father's Reflections On A Brain Tumor Journey



## **Synopsis**

There are moments of time when our lives turn from calm to chaos in a split second. Such was the case with Tom Matson, whose life suddenly went from a normal existence in Minnesota to a fight for survival when, after a hockey concussion, he had an MRI and was delivered the stunning and crushing news that he had a brain tumor. In *Unfrozen*, author and father Tom Matson presents readers with an extraordinary look into his life and the hard-earned life lessons he gained on how to thrive following his diagnosis. With a candid and poignant narrative, Matson seamlessly blends together stories from his childhood along with a detailed account of the medical and emotional journey that he embarked on to overcome his brain tumor. As a result, not only does he provide a thoughtful and loving legacy for his children; he also gives inspiration and hope for anyone who is going through a similar major medical battle directly or with a loved one. Net proceeds go to Brain Tumor research

## **Book Information**

Hardcover: 168 pages

Publisher: Mill City Press, Inc. (June 3, 2014)

Language: English

ISBN-10: 1626528764

ISBN-13: 978-1626528765

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 29 customer reviews

Best Sellers Rank: #2,078,362 in Books (See Top 100 in Books) #46 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Brain Cancer #1741 in Books > Biographies & Memoirs > Specific Groups > Special Needs

## **Customer Reviews**

This book tells a compelling story of a man who truly awoke when he encountered his life altering news. Tom's personal journey is one which anyone can relate with and learn from because it causes readers to reflect on matters that impact our inner being. Through this lens we look deeper at our quality of life, our value system and our deepest relationships. His perspective and story telling bring the book to life! This is truly a masterpiece!

I loved the experience of reading *Unfrozen* and literally couldn't put it down. Tom

Matson has a rare storytelling gift that transports the reader - from his childhood reminiscence, through a life-changing medical journey, back to a present day reflection for his kids. He tells his story with humor, courage, honesty and boldness. But the true gift to the reader is not the seamless way in which the story is told. Rather, it is the firsthand account of Tom's transformation while being diagnosed and treated for a brain tumor. It is a perfect read for someone recently diagnosed or experiencing a major medical event. But it is also inspiring for anyone willing to honestly reflect on their core values, attitude and what they want out of life.

This book took a lifetime of challenges and traumas and transformed them in to a treasure trove of learning opportunities. These are now learning opportunities, instead of painful memories. Very good stuff!

Tom Matson's work has touched me by awakening unexpected possibilities of thought and feeling. His book was a catalyst in disguise...I began to understand how the choices in my life molded the person I have come to be, and how the decisions I make today will pave the road ahead. The powerful words of Tom's journey are an inspiration to be present and to truly live life.

I found myself laughing and connecting on so many levels with the pictures that were painted in my mind about the author's life stories. I reflected on the childhood stories and found myself reliving my own childhood as a result. The overall metaphor of being "Frozen" is so stinking clever. I played freeze tag as a kid, and can remember the feeling of being frozen and waiting for someone to unfreeze me. This is a great metaphor for life...how do we get unfrozen from those things in our life that block us from moving forward. I haven't really stopped thinking about it. I took a deep look into areas that I am frozen in, and have set forth plans to get Unfrozen. Your book made me want to be a better person, to live my life more intentionally, to tend to my well-being, create meaningful traditions in my life, and look at time with a much more critical eye. Thank you for sharing your story with us.

I did not want this book to end. In fact, I was on the last chapter for weeks. I read a few pages, and put it down. Then, finally, it was finished and I didn't have any more. And, as it had so many times before, Tom's writing and his incredible insight into what is important in the world brought me to tears. One might be fooled into thinking this is a book about how to deal with a brain tumor. It is, but it is really so much more about a life well lived. About fear and hope. About love and loss. But

mostly about thinking about what is important to you and making sure that you live your life so that what you do every day reflects that. What a great message for his children, to whom the book is written. And what a privilege for us that he shares such an intimate reflection beyond that audience of two. That takes courage, and this is a man who has that in abundance.

This book was a recommendation to me that - for someone who doesn't read as much as she should -- I'm so glad I picked up. I finished this book in about a week's time which is unheard of for me. There was something so real and honest about the way that Tom Matson wrote -- I found myself being able to completely relate to him without having ever gone through what he did. He was able to spell out the situation at hand and all the thoughts and processing he went through while sprinkling it with humor, including some funny self deprecating moments that struck a chord with me, and I'm sure many others. There were so many life lessons that were presented in such an authentic, sweet way to his kids that were good reminders of questions to ask as we all continue to figure out who we are and who we want to be. I sincerely hope I don't have to go through what Tom did, or have someone close to me go through something similar. But -- after reading his book, I feel much more prepared to face it head-on if it comes. And if not - I know how to be someone that can come alongside someone well who is.

Tom Matson's description of his journey into, through, and out of that place we all hope to never venture is honest, open, at times raw, but always powerful. This important book is as much a gift to those who cannot imagine enduring such an experience as it is to those who are or have been on a similar path. Tom's artful delivery leaves the reader feeling as if they've just listened to the most intimate of stories from a close friend over coffee. Through his humor, and in a matter-of-fact style, Tom makes the unimaginable seem just a bit more like another of those shared human experiences. Significantly, Tom reminds us of the everyday small, yet immeasurably important, aspects of life, such as his imparting of wisdom to his children - "Be You." This book will leave you moved, compassionate, hopeful and inspired.

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