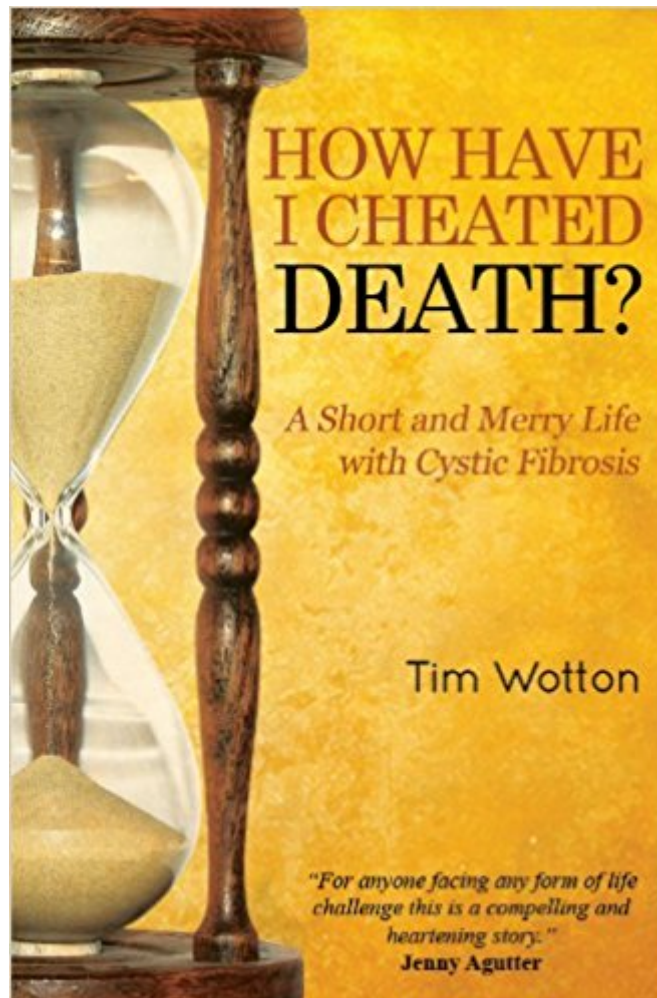




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How Have I Cheated Death? A Short And Merry Life With Cystic Fibrosis



Synopsis

Cystic fibrosis (CF) is one of the UK's most common life-threatening diseases, affecting over 10,000 people. There's currently no cure. Not all that long ago, a CF diagnosis meant an early death. Tim Wotton is one such sufferer, who was told from an early age that he would not live beyond his 17th birthday. One of the oldest survivors of this crippling disease, *How Have I Cheated Death?* is a diary of his 39th year, a countdown to the illusive 40. A story of triumph over adversity, this compelling chronicle, the first book written by a CF sufferer at 40, offers hope and inspiration, demonstrating what cannot be cured needs to be endured. Written with great honesty and humour with an enlightening Foreword by the actress Jenny Agutter, this profound account is a testament to the daily dedication required to deal with CF and recently diagnosed diabetes while managing a normal family life.

Book Information

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Customer Reviews

Born in Southampton in 1971, Tim has lived in South London for the last twenty years and is married to Katie with a son Felix. A first-time book writer, Tim is a full-time communications manager and has played field hockey all his life. His eyes and heart have been opened by his health struggle with cystic fibrosis which has been a huge factor in his life, but not one that defines it.

Tim Wotton grips you into a delightfully raw, unscripted look into his life with Cystic Fibrosis. He articulates the thoughts of every CF adult regarding healthy people and their nonsensical

complaints about life. Wotton shows everyone that despite having a genetic, uncureable disease you can live a normal life with Cystic Fibrosis. A wonderful read and an inspirational book for all. This book will be a must for family members of a CF person because it truly conveys what a CF patient goes through on a daily basis. This book will take you into an unforgettable story of perseverance and triumph over the dreaded 40 year mark. If you read nothing else this year read this. It will humble you. Anna C.

Tim is my mate. Being able to say that is a privilege. Reading this book is an emotional roller coaster. It doesn't matter if you know Tim or not, you should read this book to get an insight into living with CF and hear the story of a wonderful person.

I really enjoyed this book on Kindle. Tim Wotton writes with wit and intelligence and provides an insight into CF which I'd previously known little about. Despite living with this terrible disease his entire life Tim proves that no matter how awful things may seem it's possible to live the most productive and fulfilling of lives. A fantastic book with lessons and wisdom that will have meaning for most.

Tim Wotton in the run up to his fortieth birthday gives an honest and at times humorous account of what life is like living with Cystic Fibrosis. Tim is one of the oldest survivors of the disease and is an inspiration to all. We can all take something from this book that will educate and inspire us... whatever we do... Life is what we make it and Tim has certainly made it. Tim was told he would not make it to his seventeenth birthday, so with his fortieth birthday in sight he decides to write down his thoughts and the book takes us in diary form through his thirty-ninth year, through to the milestone birthday. I learnt so much from this book, not only about Cystic Fibrosis, but about courage and determination and that a positive outlook to life can make a huge difference. The book is great for raising Cystic Fibrosis awareness. All who have or know someone with the condition will get some helpful insights and useful information from reading this book. The book will also be helpful to anyone facing challenges in their own life. It is always much easier I find to talk and learn from people who are going through the experience than get bogged down by all the medical jargon. I thank Tim Wotton for opening my eyes and making me more aware to a medical condition, I knew very little about.

Earlier this year, Tim Wotton and I had many long phone calls on business matters and it was only

as I was retiring that he indicated that he had written a book. Of course, I wanted to read it, although there was no indication of its subject matter, and I've just finished what is a hugely interesting journey through a very difficult life history. Tim's determination to make the most of life, and indeed to pass the target of 40 years on this planet, is very uplifting and very much worth reading! I'm now much more aware of CF and all it brings, and I wish Tim and his family many more years of happiness. His attitude makes me more thankful for my healthy life - my aches and pains pale into insignificance. There is a follow-up book coming, apparently; I will make sure to buy it.

In this inspiring book Tim Wotton provides an insight into the gruelling and unrelenting daily life of someone with cystic fibrosis, yet with a humorous and always positive attitude. As a fellow CF 'survivor' the author's philosophy, upbringing and experiences resonated clearly with my own life. Chapter 9 (Body Whisperer) rang particularly true as Tim describes the proactive complementary health approach that has been a big part of him staying well. This is my belief too that we must do all we can to help ourselves, rather than just relying on what the doctors can do for us. Using natural health strategies (which I discuss on my own blog, CF and Healthy) has also enabled me to 'beat the odds' and achieve the unexpected age of 40. Congratulations Tim on an eloquent and riveting read, and for providing a better understanding of CF to the public.

How Have I Cheated Death is a wonderful book. It encourages you to contemplate your own life challenges and see that there are always bright horizons. Tim writes thoughtfully, but with lightness and wit so that you're smiling throughout. I highly recommend everyone to read this book. If you know anyone who's faced issues that seem insurmountable this book is a perfect read. But for the rest of us who sometimes think life is a little hard, it puts everything in perspective, and makes you realize that everything is possible. The simple moments in life are always the greatest. Congratulations Tim! Here's to the next 40 years!

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