

CHECKING OUT

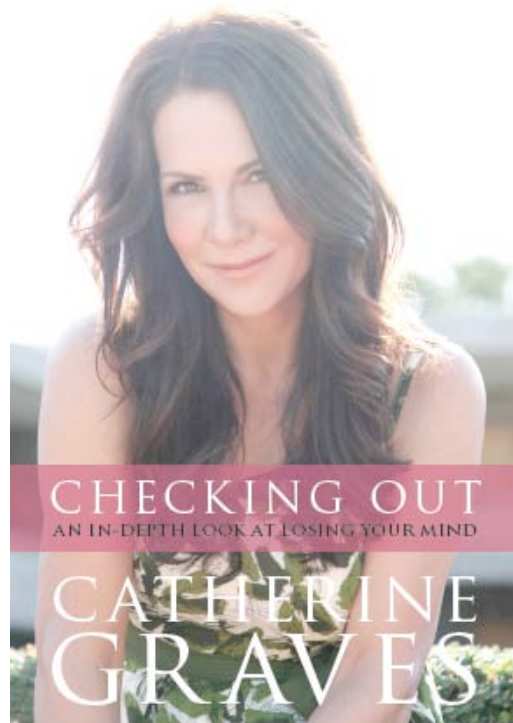
AN IN-DEPTH LOOK AT LOSING YOUR MIND

ABOUT CHECKING OUT: AN IN-DEPTH LOOK AT LOSING YOUR MIND BY CATHERINE GRAVES

Making mistakes and owning up to them can be difficult, but feeling truly absolved is much more difficult. In *Checking Out: An In-Depth Look At Losing Your Mind*, new author, Catherine Graves, does what shelves and shelves of self-help books could never do; Graves makes keeping it together possible by realizing that the poor choices and mistakes she makes has consequences and repercussions. By forgiving herself for her actions she is able to inspire others to see that there is life at the other end of immense grief.

When her husband starts to act out-of-character and increasingly disinterested, Catherine Graves suspects the worst—but while she needs confirmation of one sort, a different type of nightmare begins, which becomes the toughest year of her and her two children's lives -a dreadful year in which nothing for their family will ever be the same.

Moving beyond survivor's guilt and any sense of resentment, this poignant, bittersweet memoir is about tolerance and humility. *Checking Out: An In-Depth Look At Losing Your Mind* is about a mother, a son, and a daughter pulling together in order to survive. Readers will respond to the narrator's honesty—this sort of candor is hard to come by—and be thankful to lead less extraordinary lives. Catherine's real-life story is as dramatic as any thriller; ultimately, it motivates readers to accept the things in their lives that they cannot change.



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ABOUT CATHERINE GRAVES



Catherine Graves is busy raising two children and volunteering for various causes, most recently the Phoenix Children's Hospital Foundation, Florence Crittendon Center for Girls, Barrow's Neurological Institute, and the Craniofacial Foundation of Arizona, among others. She lives in Phoenix with her family.

In her first book, *Checking Out: An In-Depth Look At Losing Your Mind*, and through her speaking engagements, Graves is inspiring others who have lost a loved one to know that there is life after experiencing immense grief.



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AUTHOR'S PERSONAL MEMOIR BREAKS DOWN GLIOMA, FATAL BRAIN DISEASE

New Book Just Released:

CHECKING OUT: AN IN-DEPTH LOOK AT LOSING YOUR MIND

By CATHERINE GRAVES

June 2011 (Phoenix, Arizona) Just released book, **Checking Out: An In-Depth Look At Losing Your Mind**, gives us an in-depth look at *glioblastoma (glioma)*, a fatal brain disease positively diagnosed this week in New York Mets Hall of Famer, Gary Carter. Author, [Catherine Graves](#) delivered an ultimately inspiring account of a challenging and disturbing timeline into her life *from the caretaker's point of view*, and she is receiving consistent 5-star reviews on Amazon.com as the best book for coping through this tragedy.

Available on [Amazon.com](#), [BN.com](#), [Catherine-Graves.com](#) and [Kindle](#), and at a price of \$16.95, **Checking Out: An In-Depth Look At Losing Your Mind** is showing us that there is life at the other side of immense grief. Graves takes us on her personal and private journey to what she and her family experienced. When her husband starts to act out-of-character and increasingly disinterested, she suspects the worst—but while she needs confirmation of one sort, a different type of nightmare begins, becoming the toughest year of her and her two children's lives - a dreadful year in which nothing for her family will ever be the same. Graves makes keeping it together possible by realizing that the poor choices and mistakes she makes has consequences and repercussions.

"This journey for Gary Carter and his family is just beginning." says Graves, who is on the committee to raise money for Barrow's Brain Tumor Research Center. "There is hope for them and everyone experiencing this tragic disease, but it will be difficult road ahead. For all the difficulties that lie ahead, there is always hope. Basically, that's all we have."

SIGNIFICANT POINTS

- When she suspects John, her 46 year-old husband of having affairs Catherine hires a private investigator to follow him. He's guilty of something, she's convinced.
- They seek counseling, and the counselor says that he's in a deep depression and instructs them to go to Sierra Tucson for treatment.
- There they discover that he has Glioma, a severe brain tumor. (*Ted Kennedy and Johnnie Cochran were also diagnosed with Glioma*)
- After he dies, she's left with guilt, confusion and deep grief.
- She emotionally abandons her family, makes terrible choices, loses her mind, and checks herself into treatment.
- These days she's taking full responsibility for the negative effect her thinking and actions had on her family, friends & herself.
- Blended throughout the book her children recount their memories with direct and honest interpretations.

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Testimonials

"Catherine, I finished reading your book and enjoyed it. It is too often that as physicians we lose sight of the ripple effects a patient's illness has on family and friends. Your brutally honest personal saga is riveting and heartbreaking."

Robert Septzler, M.D.
Barrows Neurological Institute

"Catherine approached John's illness head-on, with a combination of realism, honesty and courage that I really hadn't quite encountered before. It was refreshing and inspiring to me at the time, and I think of it often. She brings these same qualities to her writing, and I am once again struck by her clear-eyed approach. *Checking Out* has a ring of truth that I think many people in similar circumstances will find they can relate to and are very much in need of."

Cameron McDougall, M.D.
Barrows Neurological Institute

"Catherine Graves is one of the strongest women I know. Her experience and the multitudes of emotion she faced before and during her husband's illness – and how she dealt with the grief after his death is not only courageous – but a triumph. She is a shining example of perseverance through even the worst of pain."

Catherine Anaya
Television News Anchor

Hey, Catherine! Before your appearance on my TV show, I planned, as always, to scan your book. I found myself, late into the night, reading the whole damn thing. You grabbed me and I didn't even give you permission! "Checking Out: An In-Depth Look At Losing Your Mind has to be a movie...no exploding cars – just exploding lives. My choice for you is Sandra Bullock. You move me, lady."

Pat McMahon
AZTV Television Host / KTAR Radio Host

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Website: <http://www.Catherine-Graves.com>

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