

To See Another Sunrise

An Eye Opener for Those Battling Cancer or Helping a Loved One with Cancer

By Kate Cywinski



When my dad's best friend called and told me to come to the hospital, I hung up the phone and broke down. I didn't know what the news was, but I knew it wasn't good. But I pulled myself back together, put on my mask and headed to St. Vincent. When my dad told us he had a type of blood cancer, I didn't flinch. I just told him we were going to "kick some cancer ass." Then I proceeded to ignore the illness, assuming that if I showed fear, my dad might think I thought he wasn't going to make it, and then he might give in to that belief.

How foolish to think the possibility of death wasn't on his mind all the time after his diagnosis. I wish I had read Jim Morrison's book, *To See Another Sunrise: How to Overcome Anything One Day at a Time*, back then.

About three years after losing my dad, Jim emailed me and said he'd written a book about his battle with cancer and wanted to share it with all his brothers and sisters who had been exposed to asbestos. He asked if I would accept it with no promises for future announcements, and I felt compelled to accept his offer.

In just 162 pages, Jim gave me a new perspective on what it's like for someone with cancer through his honest account of his own battle that began on a cold January day in 2004 when he had to leave the duck blind early and learned he had stage 4 lung cancer. The survival rate for stage 4 lung cancer is very low; he was basically handed a death sentence. But after reading Jim's book, I have no doubt he's here today because he was meant to share what he learned with others faced with impossible odds.

My dad was a machinist, a sportsman, a do-it-yourself kind of guy who didn't generally ask for help or share his feelings. I never saw him cry in 28 years. I imagine many of you would describe yourself in

much the same way. Yet one of the hardest and most important lessons Jim shares in his book is that, when it comes to cancer, you have to recognize that you're not in control. You have to let go of your pride and accept help—even ask for it. You have to share your fears, sorrow, anger and hope. You have to set goals and celebrate what may seem even the simplest tasks.

By applying these principles, Jim was able to overcome what began as potentially "two hours to live" and the years of chemotherapy, blood transfusions, surgeries and all those days when it would have been easier to give up. And though he's learned to accept and appreciate "new normals," he survived to walk his daughter down the aisle, see the birth of his first and second grandson, spend the fall waterfowl hunting with his son and then attend his college graduation and celebrate many birthdays in between.

At the beginning of chapter two, Jim shares a powerful statement, "you can tell the

courage of a person by how much it takes to discourage them." Yet he doesn't give any false illusions. He points out that "if you have cancer, it can and will discourage you." But he also demonstrates how you can develop an attitude to overcome those feelings and survive to see another sunrise.

If you're fighting cancer or trying to figure out how to help a friend or family member in the midst of the battle, this book and Jim's real-life experience can help you achieve that attitude. Had I read Jim's book when my dad was alive, I would have done things a lot differently—and I would have insisted that he read the book too. And you can bet that if I'm ever diagnosed with cancer myself, I'll reread Jim's book for a refresher. I encourage you to get a copy on Amazon.com or at Barnes & Noble because, sadly, most of us will be impacted by cancer in one way or another. The lessons Jim learned just might help save your life or teach you to let cancer change your life for the better.



Jim Morrison and his son on a waterfowl hunt during his battle with cancer