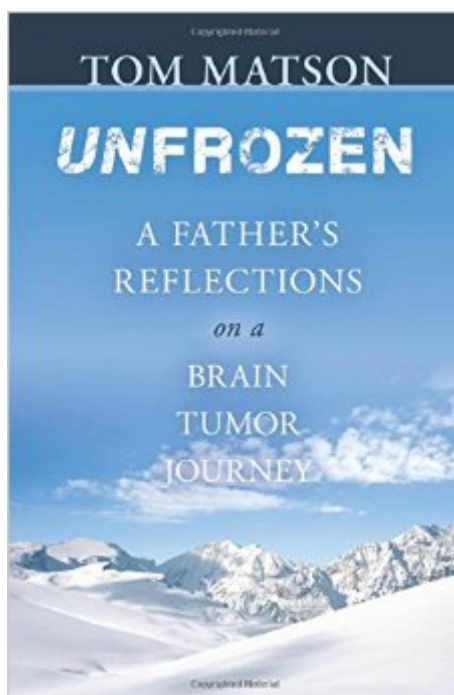


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# Unfrozen: A Father's Reflections On A Brain Tumor Journey



## 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

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## Customer Reviews

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!

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!

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 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.

I found this book a great read. Written in a unique style to his kids, this book truly speaks to all kinds of people. As someone who has a dear friend enduring a recent traumatic brain injury, I found great comfort and inspiration in reading Mr. Matson's words and hearing of his experiences. It's helping me greatly, but I feel it could help anyone at whatever stage of their life. A quick read I would highly recommend!

Matson's account of his personal experience is both chilling at times and also heart-warming. The shock of the diagnosis, the process of decision-making, and the actual medical protocol had me captivated. Chilling was his description of screws being inserted to secure a head brace, and the stereotactic frame used to pinpoint the brain tumor location for the radiosurgery. Heart-warming was his use of humor and a bet with a nurse to bring laughter into an otherwise critical and painful situation, and the numerous stories shared for the benefit of his children and his readers. Remarkable is Matson's ability to find meaning in the experience and to reflect thoughtfully about life's unexpected turns, and his demonstrated courage in bringing the story to the page in order that we might all derive hope amidst our own.

I've read other books like this and frankly did not have high expectations for this book. I was pleasantly surprised however, as Matson's honesty, writing style, and word choices really drew me in to his situation. More than that, Matson made me think. I'd find myself ruminating on some of his comments and feeling some of his fears and anxieties at the weirdest moments of the day. I think good books are like that. They touch something deeper in your psyche that causes you to hold on to feelings and thoughts a lot longer. I started the book at a timely point in my "life book" for two reasons. First my wife was preparing for minor surgery. Matson's reflections on being overly focused on the procedure and less on the post-procedure was a gift in that it helped me to better prepare for my wife's recovery. Secondly, Matson's definition of 'Grace' helped me to better understand some of my own behaviors and challenges with others. - what wonderful gifts to receive! I'm appreciative of what this book gave to me and am thankful that Tom Matson had the courage, the talent, and the love to share his experience with all of us.

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.

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