

## Living While Dying

*A wake-up call to embrace and cherish every moment,  
by Habitat Cape Cod Volunteer Thom Barrett.*



Thom Barrett has survived an avalanche in Alaska while helicopter skiing, falling off a twenty-foot cliff while ski mountaineering in Colorado, a near drowning off the coast of the Cape when a riptide took him out to sea, solo kayaking off the coast of Newfoundland, and swimming with sharks in Australia (no cages). And now he's living, while dying, with stage IV prostate cancer.

Thom is a familiar face at Habitat, since retiring from his corporate job as a PwC Partner he has spent many hours building homes with us on the Cape, building with us in between his adventures.

He wrote this book ***Living While Dying*** to provide insights into the daily challenges of living with the treatments and the disease, and to offer perspective on how those around him were affected as well.

*This book isn't a step-by-step guide on battling cancer but a deeply personal narrative about living fully in the face of illness. Thom's story emphasizes the power of positivity and the significance of cherishing each moment, offering inspiration to others with cancer and their supporters. It's a testament to facing life's hardest challenges with unwavering strength and optimism.*

*Thom's story is more than a collection of extraordinary experiences; it's a source of hope and motivation. His writings, born from a rich life and bravely fought, aim to empower readers. Whether grappling with a health crisis or standing beside someone who is, Thom's narrative is an inspiring call to action - to embrace and cherish every moment of life. His words, a blend of adventure and resilience, are a testament to his journey and a guiding light for others navigating their paths.*

Thom is adventuring in Antarctica then South America until June. You can reach him at [tbarrett002@gmail.com](mailto:tbarrett002@gmail.com); he would love the opportunity to speak at your church group, book club meeting or local library!

You can check out what he's up to on his blog at [LivingWhileDying.com](http://LivingWhileDying.com). Purchase ***Living While Dying*** as a gift for yourself or a loved one, on [Amazon](http://Amazon), all proceeds benefit cancer research.

**Tara Cronin**

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[HabitatCapeCod.org](http://HabitatCapeCod.org)

