

*My Ticket to Ride: From Cancer to Flourishing*  
Interview Questions

- What inspired you to write *My Ticket to Ride: From Cancer to Flourishing*?
  - Since my personal approach to dealing with diagnosis, surgery, and chemo was not what I had seen how others dealt with cancer, I felt my perspective in my approach to the cancer and the chemotherapy, then going into remission could benefit others.
- Why is *My Ticket to Ride* a part of the book's title?
  - I write in the book about all the delays in getting to the cancer diagnosis. The final delay was being able to receive an ordered CT scan. In frustration over the delays, and honoring my intuition not to wait any longer for the ordered CT scan, I went to the hospital emergency department. They gave me the scan and admitted me for 2 days of further testing. When they released me to return home, I had a large stack of papers in my hand. The next day while filing away each paper, the last one was different. It was folded into quarters, not unfolded as were the other ones. This sparked my curiosity. When I opened the paper, its title jumped out at me—Ticket to Ride. The person who transported me from the emergency department to the cancer floor for further testing, had forgotten to take it with him when he transferred me from his gurney to the hospital bed. It was one of the first *Mystical Moment Previews* I had affirming I was going to be all right.
- What is your main message?
  - I chose to love the cancer instead of the more standard approach to fight, kill, and hate the cancer.
    - Being a warrior and fighting cancer didn't work for me. If I was going to be a warrior, I wanted to be a love warrior.
    - I knew the heart is entrained to the brain, not the other way around. The heart is in charge. My heart is filled with love, not hate, kill or destroy. Why would I want to kill something my body created?
      - Between diagnosis and surgery, in my meditations I talked to the cancer cells, told them I loved and appreciated them and now it was time for change to take place.
      - When I chose to take part in chemo, I blessed everything on the drip pole, Benadryl, saline, steroids, chemo etc. that went into my body. I affirmed to my body to receive it in love, affirming it would generate healing.
      - As of July 2019, I am 5 years NED (No Evidence of Disease). Statistics say that someone with my stage IIIc diagnosis has about a 27% chance of surviving 5 years.

- Who are your primary readers?
  - I appeal to three different reader interests.
    - Those dealing with cancer
      - *What a beautiful book filled with nourishment for your soul. Her approach to cancer is one of surrender and vulnerability and love, to life itself. Her poetry is beautiful, her insight deep and engaging, and this book is a must read for anyone whose life has been affected by cancer. It's one of those books that fills your heart with positive words and feelings which everyone with cancer needs. What a gift she has brought to this world through her experience and bringing it to life as a book to share. Thank you! S.H. Edina, MN.*
      - *Cristina's book My Ticket to Ride: From Cancer to Flourishing is an inspiring book about how to reframe cancer to work for you, not against you. Indeed this book should be required reading for cancer prevention, as well as healing and recovery. It demonstrates overall life skills in how to truly live well, transform one's life, and find joy in everything. C.N. Phoenix, AZ.*
      - *What a powerful message of love, recovery, and flourishing. It is my hope the book will become a roadmap for all who have walked the cancer survivor path as you and I have. – J.B. Prescott, AZ.*
    - Those expanding their life skills
      - *This book is one of Love. Facing each challenge before her, Cristina continues to choose love, not fear. As I read each word, I'm aware Cristina invites us on her personal & treasured journey that goes beyond cancer into a world where we can all flourish. J.M. Phoenix, AZ.*
      - *I love the format you chose. I find it appealing to hold and use. It provides easy access to all the extra goodies. There is something in Ticket for assisting with almost any situation. I reference it often. P.T. Prescott, AZ*
      - *I am on my 3<sup>rd</sup> reading of My Ticket to Ride: From Cancer to Flourishing. It is a life blue-print. J.R. Scottsdale, AZ*
    - Memoir readers
      - We all learn from one another
      - We enrich and expand our life when we read someone else's life story

- Did you have a favorite saying as you went through the cancer experience?
  - Yes. When it felt like I had hit a wall, didn't like how I was feeling, or wondering what good would come of this experience, I would affirm *Everything always works out all right for me*. This kept me from creating and going down the dark holes of the experience. I knew I couldn't become well if I existed in the deep and dark holes.
  
- Back Cover Info.
  - Categories
    - Health
    - Inspirational
    - Mind-Body-Spirit
    - Personal Growth
  - Overview
    - A Stage IIIC Peritoneal/Ovarian cancer diagnosis propelled Whitehawk on an intense journey of walking her talk and walking her walk of 40+ years of personal growth work.
  - Interest Points
    - **Hope**
      - 30+ *Mystical Moment Previews* guided the author to remission
    - **Power Perspective**
      - Why Whitehawk chose to love the cancer instead of hating, fighting, or killing it
    - **Inspiring**
      - Self-forgiveness was her most powerful healing tool
    - **Enlightening**
      - How Whitehawk incorporated a body-mind-spirit approach with bio-medical approaches to bring about recovery and wellness
    - **Poetry**
      - Each chapter is preceded by Whitehawk's inspirational poetry
  
- How can interested readers reach you?
  - Through my website [PoweredByGenius.com](http://PoweredByGenius.com)
  
- Are you available for speaking engagements?
  - Yes. I also lead workshops and breakout sessions.

