

Powerful Patient 2009 week 13

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Conquering the Game of Life

Joyce speaks with Dr. C. K. Hersh, a hand surgeon from Norfolk, Virginia, about his new book, "Conquering the Game of Life." A cancer survivor himself, he learned many life lessons during the six year period of his cancer and the loss of both his parents.



Dr. C. K. Hersh

1) About Our Guest

C.K. Hersh enjoys living with his family along the Virginia Coast. He practices as a hand surgeon. He grew up in Kansas and went to Duke University. There he met his wife. They returned to Kansas where C.K. attended Kansas University Medical School. After residency and fellowship Dr. Hersh served in the United States Navy. While in the Navy he received an MBA at Duke University.

He has practiced medicine since graduating medical school in 1990. During the course of his career he has served as a healthcare consultant for a brief period of time and was involved in the business of medicine. He is a public speaker and enjoys inspiring audiences.

He had a cancer experience in his mid-thirties and within the following four years lost both of his parents. These experiences set him on the road which resulted in *Conquering the Game of Life*. Here he shares some of his stories and asks the reader questions to propel them along the journey of discovering their game of life and capturing the game of their dreams.

<http://www.ereleases.com/pr/20080630009.html>

2) Conquering the Game of Life

C. K. Hersh leads the reader through a series of entertaining stories, exercises, and questions that empower the reader to find his or her game. Any athlete who is training uses specific tools and skills to improve his or her play of a specific game. Tennis players drill their forehands, backhands, and different spins they put on the ball. Similarly, we have tools and skills we use to play the game of life. They include points of view and thinking patterns as well as life experiences and lessons we've learned over the years.

Just as athletes train their bodies to participate in a sport, we can also train ourselves to strengthen our knowledge and skill in how we play the game of life.

3) **Coach Broyles' Playbook**

Joyce mentioned the *Alzheimer's Caregivers' Playbook*, by Coach Frank Broyles of the University of Arkansas Razorbacks. His wife Barbara has Alzheimer's. His book is available free from the Alzheimer's Association.

<http://www.alzheimersplaybook.com/note-from-coach-broyles.html>

“It wasn't always easy for me to find the answers my family needed about Alzheimer's disease, and at times I was frustrated and confused. I promised myself that one day I would share all that I had learned—from my research and my experience—with other families that were dealing with Alzheimer's. This dream came true when the Playbook was created and made available to my fellow Arkansans. We received calls and letters from so many people thanking us for sharing our story and information that I decided to make my dream bigger, and share the Playbook with people across our country. I gathered my team, and together, with the help and support of many Arkansan people and companies, we were able to generate the funding needed to make this Playbook available nationwide, free of charge, to anyone wanting information on how to care for a loved one with Alzheimer's disease. It is our gift to you, in hope that you can benefit from my experience.”