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Press Release

(for immediate release)

Interview with the author of a new hospital survival guide.

Question: Can you describe *Warrior Patient* in a single sentence?

Answer: The subtitle calls it a journey from medical dope to healthy hope. All in one sentence.

Q: Why did you write the book? You can use more than one sentence.

A: (laughs) OK. I'll take three sentences. People go to the hospital. People die. *Warrior Patient* tries to put as much distance as possible between those two sentences.

Q: A lot of people go to the hospital and don't die. Are you suggesting people don't go to the hospital?

A: Of course not. The United States has the best doctors and the greatest medical system the world has ever known. (The author pauses.) And every year 100,000 patients die and 9 million suffer injury because of medical mistakes.

Q: Who says that?

A: The Reuters newswire service. We all know or have heard about someone who checks in for “normal” surgery, but never checks out (another pause) ... except to the morgue.

Q: Don't we live in an age of medical miracles?

A: We do. But patients still keep sinking into the quicksand of (the author uses his fingers to make quotation marks) “going to the hospital.” There's an amusing medical research joke. Not sure, but I think I saw it in *The New Yorker*. It shows a doctor surrounded by white lab rats. He has wide eyes and a big smile. You know the doctor is having a eureka moment. In the cartoon caption, he says to his colleagues: “We don't need better medicine. We need stronger lab rats” (laughs).

Q: So we are the lab rats?

A: Like it or not ... yes. How else can you explain 100,000 deaths and 9 million injuries every year?

Q: So in *Warrior Patient* you discuss medical mistakes and stronger lab rats?

A: In *Warrior Patient* you become one of the 9 million. The journey from medical dope to healthy hope includes cancer, kidney failure, dialysis, deadly infections, partial blindness, shingles, large open wounds, a hernia and a little amputation. (The author holds up his left hand, which is missing quite a bit of the index finger).

Q: You came through all that?

A: It took three years, and throughout all of that illness, the reader laughs and learns how to become a much stronger lab rat.

Q: Your amputated finger was a medical mistake?

A: No, that was my mistake. With the help of a table saw. The amputation was my journey's final punctuation, an unfortunate exclamation point that proved my immune system was working well and my ability to heal was back to normal. Also, as one of my favorite tennis partners says, it lets people give me a high four instead of a high five.

Q: You're surprisingly upbeat about all this, aren't you?

A: There are 17 rules in the book, one for each chapter, and I think my favorite is the last one. (The author opens the book to page 311 and reads). **Warrior Patient Rule 17:** Laughter relieves stress, boosts immune systems, releases feel-good chemicals in your body, dissolves conflicts, prevents heart disease, and turns threats into a joke. Humor is the best doctor you will ever know.

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Warrior Patient tells an extraordinary story of recovery, with humor and an anecdote-rich honesty that captures characters, times, and places, from good doctors to bad ones, from childhood to old age, from Africa to Sweden. Upbeat suspense shines a light on the 17 rules it takes to become a "Warrior Patient", to survive, to live again. Enjoy the trip. The e-book and paperback are available at Amazon.com.