

Mette Grøholdt

Touched a survivor's story
Berørt. En overlevers beretning

2011

NON-FICTION
HEALTH



PHOTO: ROLF ÅGAARD

More and more people survive cancer. But the illness stays with you for ever. Spring 2006 Mette noticed the first symptoms of what turned out to be cancer, more precisely cervical cancer. She was then 42 years old and lived a good life in Oslo together with her husband and three children. She had a challenging and hectic job as partner and managing director in a Strategy and Management-Consultancy.

Then the cancer struck once, twice and three times, and life was turned upside down for Mette and her family. In the book we follow her from her first hunch and denial, through days of hope and despair, pain and fighting, towards accept and reconciliation with her new situation as a troubled survivor.

It's a breathtaking story on how Mette deals with serious illness for herself and her family. How she learns to live a life with chronic pain. How it is to have her identity as a woman, a mother and a working person all shaken up. How it is to be confronted with the inevitability of death. But most of all it is a book of love to the ones she is close to, to life, to here and now.

An intimate, honest and positive book for everyone who is somehow touched by cancer or any serious illness.

Gyldendal 2011
250 Pages

Praise

"A raw, sensitive and honest book on living life with cancer. Touched is like a



Mette Grøholdt holds a master in business administration. She has worked as a business consultant for many years, specialising on strategy, management and organisation. She lives in Oslo with her husband and three children. Touched. A Survivor's Story is her first book.

Spring 2010 Mette Grøholdt was the winner of Aftenposten's contest for best feature article with the article "The silent sufferers". Here she discusses the problem of society not having an adequate language to describe the life and challenges for people who are neither of good health nor sick, but somewhere in between.

The article resulted in massive response from people all over the country.

RIGHTSHOLDER

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prescription. You get well with it.”

Per Fugelli, Professor of Social Medicine

“What impresses me with Mette Grøholdt’s story is her total honesty combined with the irrepressible determination to survive. I have read some books on cancer, but none like this.”

Jon Michelet, Klassekampen