

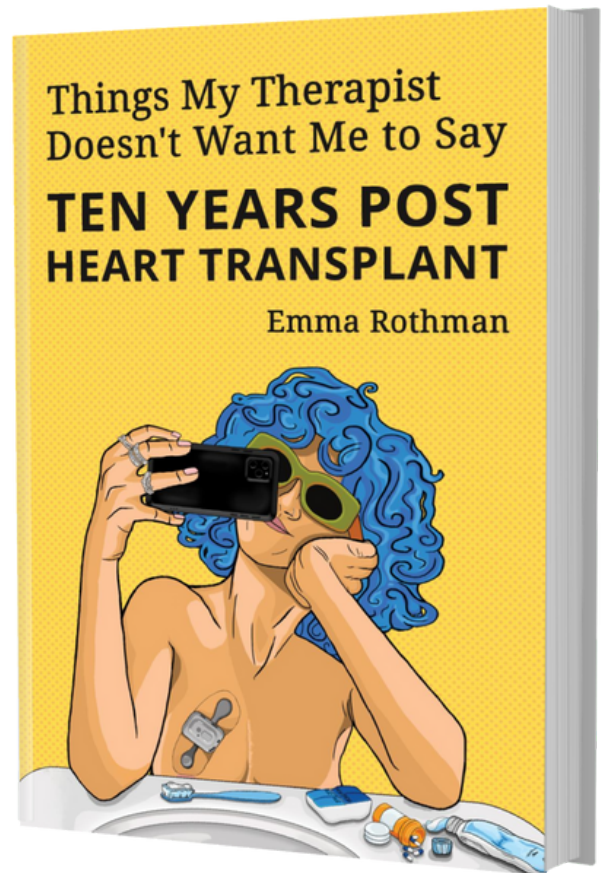
Things My Therapist Doesn't Want Me to Say

Ten Years Post Heart Transplant

By Emma Rothman

**"Figuring out
how to live
while I am
dying"**

At the age of twelve, Emma awoke one day in a hospital bed with no knowledge as to why she was there. She soon learned she had received a life-saving heart transplant. Struggling to find the balance between being "normal" and chronically ill, and dealing with issues of body image, guilt, anger and ego, Emma found herself on a long journey to recovery that went beyond her physical health. *Things My Therapist Doesn't Want Me to Say*, by Emma Rothman, is an intimate, unfiltered conversation between Emma and readers, who will follow along Emma's journey as she tries to let go of finding a reason for all the chaos in her life. Emma explores feeling at home in her body while identifying as chronically ill, and engages readers by questioning the narrative of 'anything is over-comable if you just try hard enough.'



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About the author

Emma is an author, mental health advocate and public speaker. She grew up in a small town in NJ and currently resides in Chicago. In 2021, Emma graduated from Syracuse University with a BS in Food Studies and Nutrition and hopes to continue following her passion for advocating for patients' care and needs.

