

# Dedication

There is a before and there is an after. There is a day, a moment when, abruptly, one life ends and another begins. In the blink of an eye, you are where you never desired yourself to be, people unrecognisable to yourselves, transformed beyond your own understanding. With no going back. This is what happened to me.

In May I received the news that we all must fear and dread. Without any signs or symptoms I was diagnosed with cancer. This devastating news is traumatic for the individual, but the effect on my family is difficult to comprehend.

This book is dedicated to Carole, my beloved wife, who has been my strength, salvation, nurse, mentor and eternal soul mate. Life would have been very different for me without her at this present time. I thank her for her love and loyalty under such difficult times.

Words are insufficient to express my love and affection. Many tears have been shed over the intervening weeks, but with Carole and my children Hannah and Alice we look positively forward. At such moments, I understood the importance of saying “I LOVE YOU” in time and to give our loved ones the time that they deserve.

Nothing in life is more important than your family. Give them the time they deserve, because these things cannot be put off till “some other time.”

Value always what we all too often take for granted, especially as time passes.

*John O'Donoghue*