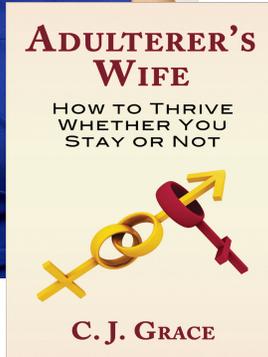


# C. J. GRACE

## Using Infidelity & Cancer for Positive Change

C. J. Grace is the author of *Adulterer's Wife: How to Thrive Whether You Stay or Not*. When Arianna Huffington received a copy, she invited her to be a *HuffPost* contributor. C. J. is currently completing *Hotel Chemo: My Wild Ride through Breast Cancer and Infidelity*. She dealt with the double whammy of discovering her husband's infidelity and shortly after being diagnosed with breast cancer by refusing to be a victim and keeping her wicked sense of humor. C. J. was a BBC journalist and voice-over artist in the UK and later worked for China Radio International in Beijing. Now divorced and US based, C. J. insists that the obstacles she has faced have enabled her make midlife better than her younger days. Her mantra: **The best revenge is to get past the need for it.**



## C. J.'s MEDIA TOPIC: ADVERSITY AS A TOOL TO REINVENT MIDLIFE

**Infidelity 101:** Why infidelity happens, overcoming the emotional roller coaster, deciding to stay or go, dealing with the other woman or man, why demonizing your cheating spouse harms you, how marriages become celibate, and reclaiming your sex life after adultery—with your spouse or someone else. Whether you're a woman or a man, straight or gay, C. J.'s **6-part program** can help you use the shock of betrayal as a catalyst to take back power and become more complete, creative and joyful—with or without a partner. C. J. is the founder of the Clubhouse club, **Overcoming Infidelity**.

**Breast Cancer 101:** What to expect after diagnosis, being your own advocate when you don't have a supportive partner, conventional and alternative treatment options, Angelina Jolie's mastectomy debate, chemo and radiation, hair loss, wigs, emotional impacts on patients and caregivers, laughter as therapy, why positive thinking is both good and bad, cancer etiquette, cancer and sex, death and dying. Candid about her own cancer story, C. J. can be laugh-out-loud funny yet deeply inspiring, helping women take control of their illness and its aftermath. Her message: **Life is short—go for what you want now.**

## PRAISE

"*Adulterer's Wife* is very clever and well-written. Such a good idea too."  
—Celia Walden, US Editor-at-Large, Daily Telegraph, UK.

"Wonderful British irreverent humor and wisdom."  
—Lisa Brick, Journey Beyond Divorce show, Divorce Source Radio.

## CONTACT

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books & blogs voice-overs & blogs

## LINKS

C. J. on Thrive Global: <https://thriveglobal.com/authors/cj-grace/>

C. J. on HuffPost: <https://www.huffpost.com/author/c-j-grace>

C. J.'s Infidelity Advice: <https://www.adultererswife.com/media/c-j-s-infidelity-advice/>

C. J.'s Radio Interviews: <https://www.adultererswife.com/media/cj-grace-radio-interviews/>

For C. J.'s free mini eBook, *Overcoming Infidelity: Tools to Tame the Roller Coaster of Negative Emotions* visit <https://cjauthor.com> SOCIAL MEDIA: IG, TW, FB @cjgraceauthor Clubhouse @cjgrace

