

# *Our Experience Weathering Cancer*

## *Thoughts from a Patient*

My GBM Memoir

By Edward L. Grampp III

What is it like dealing with Brain Cancer?

The answer will be different for each patient depending on the location, size, and type of tumor. I have what is known as a Glioblastoma Multiforme (GBM). I found out about this in May of 2012. This is a synopsis of my case and some of my thoughts, feelings, and experiences.

### **The Beginning**

I had a very unusual headache which was very sharp and it was literally in the same spot for 2 weeks, 24 hours a day. I saw my family Doctor for a physical and told her about it. She said to monitor it and let her know if it persisted. A day or 2 later, the headache went away, however, it was replaced by another symptom. I was experiencing a cold sensation on the left side of my body which felt as if it had been dipped in ice. I told my family doctor about this on the return visit and she referred me to a Neurologist. The Neurologist was able to see me that same day, which I did. She ran some tests and found that I had double vision in my Peripheral vision. She ordered an MRI for me right away, and we found a grape-sized tumor in the middle of my head (The Thalamus/Hypothalamus region). The location of the tumor made it inoperable.

### **The Gates of Oblivion**

My Neurologist wanted to do a biopsy on the tumor, which I wasn't comfortable with because of the risk of damage to my motor functions. A few days after being diagnosed with the Tumor, I was sitting in a meeting at work and felt really sick. I went home early and was vomiting uncontrollably. I tried to sleep it off, but luckily my wife had the intuition that I needed to go to the E.R. so she put me in the car and we went. They did a scan there and saw that my brain was swelling (Hydrocephalus). I remember slipping in and out of consciousness and soon I was in the ER Operating room. I remember them throwing some anti-septic on my forehead and then drilling into my skull, at which

point I forced myself to go to sleep because it was a freaky thing hearing the drill going into my skull. I woke up in the ICU with a temporary shunt installed in my head. Later, they operated on me again and installed a permanent VP Shunt. This is a piece of surgical tubing that goes from my skull, behind my ear, down my neck, and into my abdomen where excess Cranial Spinal Fluid is drained.

### **Treatments**

I switched my doctor for one at UCLA, and we decided to combat the tumor using Radiation Therapy and a Chemotherapy called Temodar which was a pill that I would take. After finishing Radiation, the Tumor showed signs of growth, so we decided that we needed to know what type of tumor it was and I consented to a biopsy. I had it done by a world-renowned Neurosurgeon down at UCLA, and I am happy to report that it was successful in every way. We finally found out that the Tumor was a GBM, and they put me on a new Chemotherapy called Carboplatin, which I would receive by IV. They also put me on a drug called Avastin whose purpose was to starve the tumor. It's not a chemotherapy, but it helps the Chemo do its job. This treatment seems to be working as my last 5 or so scans have shown that the tumor has stopped growing and may even be shrinking. GBM patients tend to only live 18 months after their diagnosis and have a 5-15% survival rate. I am grateful to be alive almost 24 months after, and I am confident that I will be in the 5-15%.

### **The Aftermath: Symptoms & Changes**

Let me talk more about my symptoms. Because my tumor is located on the right half of my brain, my left side is still experiencing difficulties. My left ear is constantly ringing, but my body has adapted to that and I don't really notice it unless I think about it.

You know that feeling when your foot falls asleep and it's starting to wake up? That is how every part of my left side feels. It feels like pins and needles all day and all night. It's a very uncomfortable feeling, and it is painful at times when exposed to cold, hot & touch sensations. I have learned to adapt so that I can still type on a keyboard, etc, but this has taken some time and I'm still working on some complications from this sensation.

On my best days I feel very sluggish and groggy, which is a result of the tumor and medications. Getting a cold or other sickness on top of how I normally feel is just awful. Imagine getting a cold but experiencing the symptoms 3x worse, and that's what it feels like.

My energy levels are very low, and I get sore very easily. I tend to grunt and groan a lot from doing any activity. Sometimes when I've had a lot of physical activity, my ears clog like I was on an airplane and I have to lie down and rest. I also experience a sensation of "floating through space", which hits me randomly. My balance has been affected and I tend to get very dizzy easily. Even the act of turning my head sideways to look at somebody who's talking to me can make me feel very dizzy as well. When I first got out of the ICU, I went back to work and tried to work at the same speed & capacity as before. I found it very difficult to attend meetings and would feel really overwhelmed with information to the point that my head would hurt. It's difficult to explain, but sometimes I think you can be overstimulated and your brain feels exhausted to the point of not working as well as it normally does. Eventually, I had to send somebody to the meetings in my place to digest the information presented and give me the relevant things for my job. I have a wife and 3 small children and I get exhausted very easily around them because of the level of stimulation.

### **To Other Patients:**

My advice to anybody with a brain tumor, and in particular other GBM patients, would be to try and live your life as normally as possible. A lot of physical activities probably won't be as accessible as they used to be, so find alternatives to any of those.

One key part of my fight has been my belief in God, and knowing that he isn't doing this TO me, but rather he is doing this FOR me. I have used this experience to draw closer to him and prepare to meet him should the worst happen, and that has given me a lot of comfort and the perspective that in the eternal scheme of things, it is a small price to pay. I truly believe that, and it helps me through a lot of the difficult times.

It's very hard to socialize with anybody, but don't exclude yourself from the world.

Respect your tumor but don't let it control your life. At first, I tried to live my life at the same speed as before and this ended up doing damage to me. Too much inactivity will do the same, most likely in the form of blood clots. Try to stay a little bit active & do light exercise, but don't push yourself to exhaustion.

Try to be as independent as possible and help out without being asked to (do the dishes, laundry, etc.). If you have young children, try to spend time with them even though it is very difficult. Be honest and upfront with them, but try not to scare them. Positivity is key.

### **To The Earth Angels:**

If you are a caregiver, the best advice I can give to you is to be encouraging of the person in your care. To this day it is still hard for me to take a shower or brush my teeth and some days doing those things feels like an accomplishment.

It can be very frustrating carrying the load that you have, but hopefully the person you are caring for is doing their best to help out. It may not feel like enough at times, and I encourage you to take a breather every now and again and then get right back into it. Together, you can beat it! I am eternally grateful for my Wife, her patience, and her not allowing me to give up, Ever. :)

Just remember that the patient is going through a lot, probably similar to what I went through. It is very hard for both them and you, so try to tackle as much as you can together. Surround yourselves with good, positive influences and remember to smile every once in awhile, even if that means laughing at the craziness of your lives and how you must be on something equivalent to the Truman Show. Sometimes, you're going to swear that none of it can be real, it has to be fabricated and somebody, somewhere is getting Satisfaction out of making you miserable, ha ha.

Don't ever give up! Believe! It is very difficult, but you can make it!

-Eddie

# *Our Experience Weathering Cancer*

## *Thoughts from a Caregiver*

By Mary C. Grampp

My name is Mary Grampp, and I am a wife and a mother of four children! One of those four is our sweet angel McKaylee who passed away tragically in an accident when she was three years old. My husband Eddie was almost done with his cancer treatments at the time of her passing, and I was actually six months pregnant with baby number four. In June of 2012 McKaylee was just a few months old when Eddie was diagnosed with a **Glioblastoma Multiforme (GBM)**, a very aggressive cancerous brain tumor. Since then I have been a caregiver to the bravest and most humble man, my Eddie. It's sometimes surreal to consider myself a caregiver to my husband, but it's a reality that has to be faced. I feel so blessed every single day for all that I have been given and continue to receive amidst this journey our little family has had to learn how to navigate through.

We have witnessed many miracles, both big and small throughout this journey, and because of our faith we cannot deny the hand of God in our lives, and we have felt so strongly the love He and our Savior Jesus Christ have for each of us! We believe that God has led us our whole life, in every decision we have made both as individuals and as a married couple. I know that love for God and for our Savior Jesus Christ, as well as knowing and holding onto the immense love we have for each other, among so many other things, is what has helped us throughout this journey. They have guided and continue to guide us in the decisions that are constantly placed before us. We hope that as you read this that you too can feel that same love that we know is there, and that you will know that you are not alone!

## *Our Journey Begins Eddie's initial symptoms*

In 2012 we had been living in Burbank, California for about three years. Eddie is in the 3D Animation Industry so he had been working for Walt Disney Feature Animation Studios, and was at this time working at Nickelodeon Animation Studios. Eddie was

living his dream! Life was going well it seemed, we had two young boys and a girl on the way! For a couple of weeks Eddie had been suffering from a headache that was localized to one spot on his forehead. I have always been one to stay on top of Doctors visits, physicals, etc, and I would tell Eddie months before his diagnosis that he needed a physical simply because it had been so long. He would give me “reasons” why he felt we could or should put it off for a little while longer. After he started suffering from this prolonged headache I decided to just go ahead and make a Doctor’s appointment for him! And I am eternally grateful that I did as all in the time frame of about a month we learned of his cancer. There are so many things that really led us to that point in our lives, literally every decision we made prior to diagnosis is a blessing, and had we not made certain decisions, we strongly feel things would be different right now. But that can be another story!

### ***The Phone Call***

Eddie was diagnosed with a Brain Tumor in June of 2012, Wednesday, June 13th, 2012 to be exact, and I believe the time he called me with the devastating news was around 1:00pm. A day a wife, anyone, never forgets. I had just sat down for lunch while our four month old baby, McKaylee, and our two other children (under the age of three) were sleeping. Eddie called during that time and shared the results. He was so calm and sweet while sharing with me the news that the MRI he had received showed a mass located in the center of his brain, (his voice had a slight hint of how a young boy sounds when they are a little scared to try something new). He decided to come right home so that we could be together and ponder the news we had just received. I remember putting my hands in my face while I cried after we ended our call, and then many thoughts began to race through my mind; What will the prognosis be? What will his treatments consist of? Will our babies have their Daddy when they are older? Can I do this?! How will his sweet family, my family, handle this news? The thought came to just pray, and so I did. I remember feeling a great amount of peace after praying, and that peace is what I have chosen to hold onto throughout this whole journey!

Two weeks after they found the mass Eddie suffered from ***hydrocephalus*** and ended up in the ICU for over a week. He received a VP Shunt to help control the swelling in his brain, and that will remain in his head for the rest of his life. What is interesting and scary yet comforting all at once with this emergency is that had we not known about the “mass” and not gone to the Emergency Room, Eddie would have most likely slipped into a coma and passed away from the swelling in his brain. His symptoms were similar to the stomach bug so we would have assumed that’s what it was. I’m so grateful.

After meeting with doctors in Burbank, California and then switching to an amazing team at UCLA, the Brain Tumor Board there at UCLA in California deemed Eddie's tumor to be inoperable so they opted out of surgery as well as performing a biopsy because the risk was too great. His tumor is located in the thalamus and hypo thalamus which run right through the brain stem. So it's of course a very fragile area. Instead, they suggested for him to start treatment right away. After months of treatments which included Radiation and Chemotherapy (Temodar) that ended up not quite working as well as hoped, the Board decided to move forward with a biopsy. Eddie's brilliant Neurosurgeon, Dr. Linda Liau who is world renowned, performed his biopsy. We knew that he was in good hands. The biopsy was successful and we learned that he indeed had a Glioblastoma Multiforme Tumor (which are already considered Stage 4, and are cancerous), and which are considered the most aggressive tumor in adults.

After receiving that news is when it really hit hard again that we were facing a lot, but what a blessing that we were facing all of this heaviness TOGETHER! Fast forward many more health scares with Eddie over these past eleven years - including blood clots, receiving an IVC Filter, getting a Pulmonary Embolism, Dozens of ER visits, having his Gallbladder removed, tumor recurrence in 2022 which led to repeat radiation and more Avastin treatments, complications from the repeat radiation, and more.. and then on top of all of that losing our sweet daughter McKaylee tragically in an accident at home when she was three years old, and suffering two late miscarriages after our fourth child was born, I am SO grateful to say that we are still standing! It is possible to keep moving forward even when the tidal waves of life feel like they are constantly breaking on you. Choose to keep moving forward. Every day is truly a miracle.

As his Caregiver, I have had such a strong desire to reach out to fellow caregivers, especially to those who are being newly introduced to this unplanned role. I want to humbly share with you my thoughts and advice for you in hopes that you **can** get through each day of your new journey, with my goal of you knowing that you are **NOT** alone! The feelings you are feeling, or will feel, are so unique and so sacred to your situation, but at the same time, they in a small way are so universal amongst caregivers/spouses of sick loved ones. I feel that they really can bring us all together and once again truly know **WE ARE NOT ALONE!** What a beautiful and needed comfort that is during such a heavy time.

*The following are some of the things I have felt to highlight in hopes that you as a Caregiver will be able to relate with. You may only relate to just some of them, or maybe with all of them, but with whatever you relate with I hope that you will find*

*comfort and know that you are not alone!*

### ***Promptings***

Trust the feelings you have regarding your loved one, or even yourself. There have been many times throughout this journey when I know without a doubt that because I followed feelings that I would get regarding Eddie, for example pushing him to get something checked, that Eddie is still here today. I know that! I am so grateful for those tender experiences because each has taught me so much about **trusting those promptings**, or your “gut” feeling. If you feel something and that feeling returns over and over, trust and follow that feeling! Even if it turns out to be nothing, at least you got whatever the concern was checked out and can now put your mind at rest, or at least a little bit at rest. Sadly, because of our situations our minds don’t ever really rest do they? Every little bit helps though!

### ***Frustration***

It is okay to get frustrated at times, and don’t feel bad if you do have those feelings! We are human, we are not perfect! I believe that is why we are on this Earth, to learn how to become perfected through these trials that creep into our lives. We don’t plan on having certain trials, right? We have an idea and a picture of how our life is going to go, but when something changes in that “plan”, hello frustrations! Some of those frustrations may be geared towards your “patient” (your sick loved one), and that’s OKAY! To see a loved one who was once upon a time energetic, full of life, NOT SICK, not affected by really anything both physically and emotionally but now suddenly those things are being affected because of their new medicines, new limitations, etc, that can be frustrating and hard and scary to witness! It’s not that you are frustrated at them directly, it is frustration with the whole situation! Your life has changed and those feelings of frustrations or for a better word, **sadness**, are going to surface whether you like it or not, unfortunately.

I have found that when those feelings are starting to creep to the surface again, (which is sometimes when the kids have been acting up and I don’t have the backup help like I use to be able to depend on as much anymore, and my energy levels are dwindling), I need to tell Eddie how I am feeling and why! Be open with them, you are in this together, and your loved one is most likely feeling those same feelings! Yes, it is hard for them to hear that you are suffering too, but talking through these hiccups in your day can really help whether it be with your loved one or with a friend or family member. **Just talk!** I really try not to take it out on our children and Eddie, and most of the time



I am doing good. But if that does happen, please don't beat yourself up, you have a lot on your plate! Of course apologize to your loved ones, ask them for forgiveness, pray for strength, and move on. Keep moving forward! Hopefully when that next hiccup surfaces, you'll be able to control those frustrations a little easier, but if not, it is okay, keep trying!

### ***Patience***

Oh goodness, patience! Patience is a constant struggle in our lives, right?! Okay, maybe it's just my life? HaHa! Isn't it interesting that most of the word patient is in the word patience? I think that is not by accident. When you are taking care of a patient, patience is KEY! Your loved one, your "patient", is going through so much physically, emotionally, mentally, spiritually. Their life has changed. They are trying to figure things out, they are adjusting to their new "normal" and they need you to hold their hand as they try to make sense of their new normal, as they adapt to new unfamiliar struggles, and as they accept the reality that they are sick.

As a wife, it is so hard to see your spouse struggle so have patience on yourself as you adjust to so many changes. Some things you may need to adjust to: earlier bed times on some nights (especially when you both were once night owls, which Eddie is back to being a night owl!), maybe they won't be as social as they used to be, watching them struggle to get in and out of bed and a car, or on and off of the couch, to see them having trouble opening jars, brushing their teeth, playing with your children, etc. Only you will really see their changes since you are with them all of the time, others may notice some as well, but you will see the smallest of changes which to you will be huge. It's a lot to take in, but patience is key not only for your loved one, but for you. It will help you get through seeing those hard changes. It will help you get through each day. Remember to always pray for strength and patience as you adjust to your new norm as well. While you give yourself patience with the things you are dealing with I promise you that patience will come naturally for your sweet loved one.

### ***Keeping Their Life as Normal as Possible***

I've heard many times from professionals, and close friends who are in the medical field (and I actually feel the same as well), that it is so important to make sure your loved one continues to stay active as much as they can, encourage them to do things, or still ask them for help if you are in need of it, etc. For example, sometimes during

Eddie's initial treatments he would lay in bed without brushing his teeth. I would feel so bad reminding him of this once simple routine because it entailed that he get out of our cozy bed. And even though it is just a little thing that we all do, it is routine, and it is normal!

Trying to keep that sense of normalcy in their (your) daily life was and is still so important! I have had to trust Eddie that he knows his limits and wouldn't offer to help if he knew he couldn't. So even though it's hard because I know he feels run down often I let him do things that he OFFERS to do. Take the trash out, bathing the children, taking the kids out somewhere so that I can have a break, even though it makes me feel bad because I know he has limited energy, it is routine, it is normal and will do some good for the **both of you!**

It is so important to make sure they are staying social with others. Eddie has always been social, and very kind to all he interacts with. We would have people over all the time pre-diagnosis. But when he was diagnosed that changed for awhile, and most of that had to do with his medications/treatments which can affect your mood, and your overall health. I was content with that, but as the months went by and he began to taper off of his medications, I really felt like it would do some good to start to have people over again; (i.e. go on group dates, have birthday/ holiday parties), and I can honestly say that it has made such a difference in feeling that things are normal! So work together to find ways to be social still if possible!

I observe Eddie so closely, watching for the red flags his doctors have taught me to look for, watching how he interacts with others now, and I know that the more social your loved one is with others the better their mental and physical functions will be! I remember reading a blog a few years ago from a woman who was being treated for brain cancer as well, and she talked about what she called "Brain Fatigue" which can occur when such patients are over stimulated with the noise around them. You will notice when they have had too much stimulation, so be cautious and mindful of that when entertaining others. You will learn what those limits are and may have to step in at times if you are noticing your loved one is going into what I call, "zombie mode", which is when Eddie completely seems to have checked out. That is normal and needed for their bodies.

### ***Remember Your Children***

If you are like us with children who were young at diagnosis and are growing up with it

that can make the whole situation even more, as Eddie and I like to describe it, complicated. They are so dependent on you in many things, especially if they are very young. Children can pick up on stress when stress is present.

In our case, they have learned Eddie's limits, they know he doesn't feel very well often, and we think it is important to keep them in the loop with any changes you may experience. Again, when frustrations come your way the easiest thing will be to take it out on your sweet ones, I have been guilty of that and I am always working on it. My advice would be to try and stay busy with your children, even if it is just at home. If you are feeling exhausted, physically and emotionally, be honest with yourselves and your sweet babies! It's okay to pop in a movie, and lay on the couch! I think they'd prefer that rather than Mommy getting upset! Eddie will take the kids out still when he can, and will have one on one time with them which they love so much!

In our personal lives and experiences with pregnancy (we suffered three ectopic pregnancies before our oldest was born), our babies are a testimony to each of us that miracles do happen, daily! While we always keep our eyes open to the miracles that happen daily in our lives it is so beautiful to have four, even five including Eddie, as witnesses of miracles every single day! So as tired as you are, and as heavy as your shoulders are feeling with this burden, take a deep breath and remember your babies. You don't have to spend money to have fun, so don't stress about feeling like you need to take them somewhere amazing! We all know the financial strain this unwelcome journey places on each of our backs.

Making memories as a family is always our goal, and recording those memories whether it be by video, pictures or journal writing. After losing our daughter McKaylee we have made an even bigger effort to do those things. I believe that the best memories can be made in simple ways, and simple acts. If you can take your children out somewhere exciting then of course you go and do that! Those of course are amazing things to be able to do and we always try to do that as well! There may be times when your loved one is too sick to join you and your children on an outing, and many times that has been the case with our family. It's hard and it's sad, but that just means when the family is together the smallest of things could become the best memory! Play games, watch a movie, talk to each other, bake a treat, the options are endless!

### ***Remember YOURSELF***

This has been a constant struggle with me that I need to take time for myself! Thankfully, I am surrounded by the most amazing support; Eddie, our families, and my

many many angel friends who remind me to take time for myself, and who have spoiled me so much! I am the first to admit that I feel guilty very easily when I am doing something for myself while my husband who is fighting BRAIN CANCER is at home, but you have to remind yourself this, what good can you bring to your family if you are worn out, exhausted, and maybe at times unmotivated? You deserve to be re-energized! Take a bath in the middle of the day, lay down for a bit, do what you need to do for yourself! Your loved one(s) need that, and you need that! They need you! Your loved one will be the first to tell you to go and have fun, and you will do the same with them! That's the beautiful thing about loving someone, isn't it? You want the best for each other.

### ***Write Down the Miracles in Your Life***

I feel that life goes by so fast we tend to miss out on how beautiful every single day of our life really is! There are miracles that occur more often than we realize. I think that when people hear the word miracle they expect some huge event, which of course that can be the case, but I also feel that perhaps more times than not it is the things we may look over that are the daily miracles. A very dear friend of mine encouraged us to write down the miracles in our life, and on the days when we are feeling sad or frustrated we need to look through our miracle book and know that we are being blessed in so many ways, whether they be big or small, they are miracles! Eddie and I know that miracles are a part of each of our lives! They are proof that we are not alone, even though at times it may feel like you are in the middle of the woods all by yourself trying to find your way out, you are not alone! Angels surround each of us, I know that and I feel that. They are the deliverers of these sweet miracles that are coming straight from God. Miracles are all around each of us! Doesn't that give you so much comfort? It's so beautiful. I encourage you to keep your eyes open and really look for those tender miracles in your lives. I promise you **they. are. there!** Once you find them, you hold onto those as tight as you can, for they each carry with them that sweet gift of Hope we each can grab onto!

### ***Final Thoughts***

Finally, as the past several years have brought many challenges into our lives, it has honestly mostly brought an abundance of peace, a deeper love and understanding of the Atonement of our Savior, a chance for us to grow in many ways as individuals, and as a couple. This life changing journey has allowed us to really see the miracles that occur every day in our lives! This experience has allowed me to learn and work on faith, patience, humility, learning more about the meaning of true unconditional love,

learning how to trust the promptings I may receive on Eddie, for myself, our children, and at times even for others. I feel that my knowledge for things in the medical world has grown tremendously and has helped me understand things more. I am so grateful to all who are STILL walking with me and helping me as a caregiver through this journey. More importantly, I am so grateful for Eddie who continues to be an example in my life, and in many ways acts as MY caregiver in this journey.

### ***Where are we now in our journey?***

We found out that when they were reviewing multiple scans Eddie's tumor had been unfortunately growing very very slowly, and so with the agreement between his doctors at UCLA and Huntsman, Eddie received repeat radiation, (because it had been ten years since his last radiation treatment so he could get it again), at Huntsman Cancer Center in 2022. As a result of that treatment he does have some vision changes, and unfortunately necrosis occurred so he went on Avastin again after radiation, and is currently receiving that infusion once again to help control the possible necrosis.

Eddie and I are at peace with what may come of this journey, even though it is incredibly sad and hard to think that the worst could really happen, we don't let that cloud our vision or get in the way of living a full and happy life! We know that if the worst did happen we believe our goodbye would be just a temporary goodbye, and that one day we will be reunited again. Even though we have been on this journey for eleven years, we still experience hiccups with his health at times, and he still deals with his daily side effects from the tumor, and the unknowns are always there. He receives scans every three to four months, and before each scan my stomach still gets filled with nerves, and my heart becomes a little more heavy. While those uneasy feelings are still a part of our journey, the Peace and Hope we have had since day one continues to lift us up and guide us.

Our two family themes are '**Consider the Lilies and Remember**'. If you are a religious person then you may be familiar with the phrase Consider the Lilies. We remind ourselves that as we continue to consider the lilies in our lives we will see the miracles, and that if our Savior can consider even the lilies of the field, then imagine all he can do for us?! We believe that because of our Savior and through Him, all things are possible!

Our other theme of Remember encourages us to always remember the feelings of peace we have had, and that if things are scary and discouraging on some days, remember

those feelings of peace and don't let go!

I **know** that we are so blessed to have my husband still with us while there are so many brave GBM patients who have passed away much earlier in their battle. They are in our hearts as well as their families, always! They are our heroes!

We pray that you too will feel that great peace, and that you will feel the arms of the angels seen and unseen who are around you, giving you the comfort you so desperately seek for every day.

Breathe, Remember, and look for those tender Miracles daily, I know you will find them! Most of all...don't let go of Hope! No one can take Hope away from you! Hold onto it as tight as you can! You can do this! You are not alone!

Your Friend, & with so much love for you,

*Mary Christina Grampp*

If you would like to reach out to me, you can email me at the following address:

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### ***Podcast***

We also have a podcast called, '**Praiseworthy with Mary & Eddie**' that you can find on any outlet! If you would like to be a guest on our podcast to share how you have gotten through challenging times so that others who may be going through similar challenges can learn tools and know they aren't alone, you can visit our website: [www.be-praiseworthy.com](http://www.be-praiseworthy.com) or you can email us at: [bepraiseworthy@gmail.com](mailto:bepraiseworthy@gmail.com)