

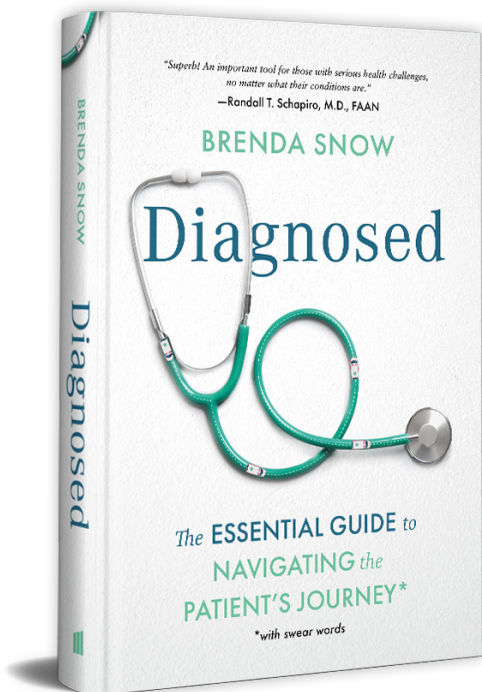
Diagnosed

The ESSENTIAL GUIDE to NAVIGATING the PATIENT'S JOURNEY

From Brenda Snow, an authority on being a patient and a pioneer in the Life Sciences Industry



After thirty years of living with a chronic illness and twenty-five years working with thousands of people managing a chronic or terminal disease, **Brenda Snow**, Founder and CEO of Snow Companies, shares invaluable insights. Similar to the Grief Cycle, patients and caregivers tend to journey through a recognizable series of experiences as they cope with illness.



"As a neurologist who specialized in multiple sclerosis, I can state categorically that all people with chronic diseases can learn from Brenda's experiences and her ability to communicate what she has learned over the decades of managing her personal multiple sclerosis journey. [Brenda] does not sugarcoat significant health issues but gives approaches to managing them."

—**Randall T. Schapiro, M.D., FAAN**, Clinical Professor of Neurology (retired), University of Minnesota, and founder, The Schapiro Center for Multiple Sclerosis

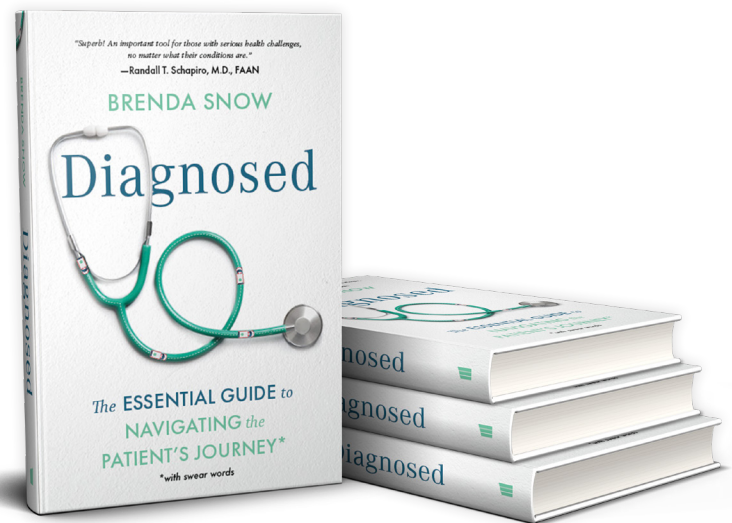
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"HERE'S THE FIRST THING I WANT YOU TO UNDERSTAND: YOU ARE NOT ALONE."

"With compassion and practical guidance, *Diagnosed* will not only help patients and caregivers understand how to advocate for themselves and navigate the complexities of the healthcare system, but also inspire hope and encourage them to embrace a fulfilling life, a life that impacts others, even in the face of adversity. You will laugh, cry, and most definitely come to understand that you are not alone."

—Amy Wyatt, epilepsy advocate, writer, and speaker



If you've been sucker-punched by a terrifying diagnosis, you might feel alienated from the life you used to live. You feel foreign to the person you used to be. It's isolating, lonely, and scary. **But other people have walked this road and are ready to hold your hand and guide you through it.**

With humor, candor, and expertise, *Diagnosed* offers a road map to help you regain your footing after a life-changing diagnosis. This book will inspire you to overcome the bumps in the road and recognize the amazing life still in front of you.

Find *Diagnosed* in most major retailers





Meet the Author

Brenda Snow built her agency out of her own experience as a patient with multiple sclerosis. Under Brenda's leadership, Snow Companies has won over 200 awards, including PM360's Trailblazer Lifetime Achievement and Inc. magazine's Fastest Growing Companies. PharmaVoice has repeatedly listed Brenda among the life science industry's most inspiring people, and numerous NGOs worldwide recognize her for the achievements she has won on behalf of the patient community.

In Brenda's next chapter, she is excited to continue working on her philanthropic endeavors, building connections through travel, and spending time with family. Her happy place is creating art and playing games with her beloved granddaughter. She splits her time with her husband in Virginia and Florida. Brenda hopes this book resonates as her philosophy has always been: One story can make a difference in a person's life.

"Diagnosed is an inspiring story of survival and resilience, but it's so much more than that. It's a blueprint for how to live your best life right now, even in the face of overwhelming hardship. There is no future time when everything will be perfect. The time to start living is today. Just ask Brenda Snow."

—Charlie Engle, ultramarathon runner, caregiver, and author of *Running Man*

IN AN INTERVIEW, BRENDA CAN SPEAK TO:

- Navigating the patient's journey
- Advocating for yourself in the healthcare system
- Finding joy while living with chronic illness
- Nurturing and maintaining relationships impacted by illness
- Transforming personal challenges into advocacy
- Leadership lessons as a woman with chronic illness in Corporate America