

Note to My Readers

Having a family member with a serious illness is scary. My friends who have been touched by cancer have taught me a few simple lessons.

1. If your thoughts run in circles, break the circle by writing them down. It's okay if you don't want to share your thoughts, and it's okay if you do. I usually feel better when I share what I'm thinking or worrying about.

2. You are strong enough to support your loved one in some way; just find the way that works best for both of you. Sometimes a quiet conversation about your day or simply sitting in the same room is wonderful.

3. You are never alone. Be on the look-out for people who have had a family member or close friend who faced a serious illness. They may have ideas to help you stay positive and hopeful.

It is my wish that you enjoy reading Austin's Best Idea Ever and that it helps you through this difficult time.

Stay hopeful!

Laura Wash-Whitman