

Thank you for the kind comments, reviews, and interviews. Your gift of attention just may save some lives, as Oprah Winfrey did! (See Media below.)

REVIEWS

Mehmet Oz, MD

“AN ARROW THROUGH THE HEART is an epiphany for women who mistakenly believe they are immune from the ravages of heart disease. Using her heart as a magnifying glass, Deborah Heffernan provides readers with a window into their souls.”

***Library Journal* (starred review)—a “most outstanding consumer health title of 2002”**

“Reads like a gripping suspense novel... This engrossing account of her initial battle for survival shows the depths of human emotion and strength in times of crisis, for both the victim and her family... The following year of convalescence, moving from beliefs of health to acceptance of disability, is emotively portrayed... [This book] will resonate with all persons dealing with chronic illness and inspire them to find their own blessings in life. A moving story in the face of sudden catastrophe; recommended for all health collections.”

Kirkus

“A commanding chronicle of a year in a woman’s recovery from an unexpected and near-fatal heart attack... Her recovery, from her first hesitant walk from hospital bed to bathroom to a vacation in the Alaskan bush a year later, is described in sections that mirror the change of seasons. It encompasses longer and longer walks in the Maine woods, yoga, massage, and psychotherapy for her and her husband. It also involves a long and sometimes painful exploration of why, given her remarkably healthy lifestyle... Her personal tale is interspersed with salient information about heart disease... Unmarred by self-pity, [this is] an arresting story that women and men suffering from heart disease will find, well, heartening.”

Booklist

“... There’s a nail-biting, almost cinematic suspense... This is an absorbing book. Well written and informative... it has much to offer as a reminder of the value of preparedness and of appreciating each day.”

Publisher’s Weekly

“In this insightful and openly emotional account, Heffernan details her illness and the life changes that occurred afterward... Although her heart has been severely damaged and a transplant may eventually be needed, Heffernan nicely describes how she has found peace of mind and a new pleasure in daily living because of this unexpected brush with death.”

PW Daily, Hardcover Nonfiction Highlights

Designated among the “most notable forthcoming titles,” April 2002

Nancy L. Snyderman, MD, former chief medical editor, NBC News

“For anyone who still lives with the illusion that heart disease belongs only to men, [ARROW] is a shocking wake-up call. Heffernan takes you to the precipice and lets you stare over the edge of losing it all. From the mundane sweetness of ordinary days to the gut-wrenching emergencies, you go on the roller coaster with a woman who isn’t supposed to be living this life. But she is... and what you learn along the way will change you.”

Caroline Myss, PhD, author of *Sacred Contracts* and *Anatomy of the Spirit*

“AN ARROW THROUGH THE HEART is not only a book of hope and inspiration, it is also a journey of spiritual intrigue. The coincidences and synchronicities that the author shares within the pages of her life story hint in such a comforting way that heaven walks with us each step of the way in each moment of our lives. This book is magnificent.”

Larry Dossey, MD, author of *One Mind and Healing Beyond the Body*

“When one human triumphs against great odds, we are all lifted up. So we are with Deborah Daw Heffernan’s encounter with heart disease. This is a heroine’s journey—the story of one who braved everything, acquired wisdom and meaning, and returned to share with the rest of us.”

Association of Women Surgeons

“I started [ARROW] one evening and then much to my surprise couldn’t put it down!... [T]he truth shone like a torch on every page... I would recommend this book to anyone—colleague, friend, or patient. This obviously is an essential book for women... to think deeply about, to re-evaluate your own life for a long time.”

—Dixie Mills, MD

Harvard Medical School Alumni Bulletin

“Reading about catastrophe is always a dilemma: how can you enjoy a book about someone’s physical suffering? But here you follow the example of Heffernan, who enjoys herself in odd, articulate, and hard-won ways. The Dalai Lama is rumored to giggle a lot, and you get the idea that this author wouldn’t hold anyone’s guffaw against them. Sublime humor, that high defense, is on the list of treatments she has picked.”

—Elissa Ely, lecturer on psychiatry, Harvard Medical School, contributor to *The Boston Globe*

Down East Magazine

“The role that the Pine Tree State has played in helping Heffernan heal will resonate with Maine readers, but her well-told story has a message that should reach well beyond.”

Massachusetts General Hospital, Heart Center website, 2002

“With a dynamic personality and a quick-witted tongue, Deborah Heffernan has all of the traits of a great story-teller. She uses vivid language, quirky humor and total honesty to get her point across, especially when telling her greatest story—the story of a personal comeback.”

MitchellsBookCorner.com, 2002

“An incredibly candid and moving work of one woman’s healing and a perfect book for anyone living with an illness and/or thinking about a life change.”

(Forgive the author for being thrilled: This popular site’s 2003 “Winter Reading Suggestions” included ARROW in the company of Stephen Ambrose’s *To America*, John McPhee’s *The Founding Fish*, and Ina Garten’s *Barefoot Contessa Family Style*..)

lucys-books.com, 2002

“Some noteworthy books are in paperback this spring, including Ian McEwan’s *Atonement*... [and] Deborah Daw Heffernan’s memoir AN ARROW THROUGH THE HEART, a favorite of mine last summer... Someone, somewhere, a Buddhist no doubt, said that they’d never encountered anyone on their deathbed who wished they’d spent more time at work... Of course, what we rarely remember is that we are dancing with death every day we live; none of us knows when or how we’ll die. Deborah Daw Heffernan was forced to look her death (and hence her life) directly in the eye when, at the age of 44, she suffered a massive, near-fatal heart attack.... [This] is as personal a story as you could possibly read... Here is a woman who, in a moment, left the world of airports, cell phones, and meetings for a world where it took all her focus and strength to brush her teeth on her own. She forsook the world before her heart attack for the peaceful, slow-pace life in western Maine she had truly wanted all along. Forced to become mindful of every breath (literally and figuratively), to become almost completely reliant on her husband, family and friends, and to appreciate each day as the day her life could end, Heffernan eloquently describes her transformation to a peaceful, spiritual, and thankful existence.”

MEDIA

***The Oprah Winfrey Show* (2/25/02)**—Featured on Oprah Winfrey’s life-saving program on young women having heart attacks. The show included a film of my husband Jack and me at home during a Maine winter. Guests included Drs. Mehmet Oz and Nancy Snyderman. A staff member reported that the program generated three million emails—more than any previous show. More importantly, at least two women’s lives were saved during the broadcast because they recognized their symptoms of a heart attack and went to the ER.

Maine Public Radio (3/26/02)—In-depth interview with MPR’s Jeanne Barron.

WMTW news radio, Portland, ME (3/27/02)—Live broadcast interview with hosts Bill Nemitz and Bob Dyke.

***Health Talk with Shannon and Matt* (5/20/02)**—Live broadcast interview reaching 42 stations on nationally syndicated radio.

NBC Maine affiliate WCSH (2/03)—Interview with anchor Vivian Leigh for National Heart Month.

PBS *Visionaries*, narrated by Sam Waterston (Fall 2003)—Featured with leading MGH electrophysiologist Jeremy Ruskin, MD in a segment on the Heart Rhythm Society, a pioneering association for electrophysiology clinicians and cardiac arrhythmia patients. *Visionaries* is a 13-part series of half-hour programs about non-profits doing extraordinarily good things. Broadcast to 100 PBS stations. Click on visionaries.org.

NBC Boston affiliate WHDH-TV (11/11/03)—Healthcast feature reported by Janet Wu was aired for several days during morning and evening news.

Hallmark Channel (March 2004 & 2006)—Featured on *New Morning TV*, “Matters of the Heart.”

NBC Maine affiliate WGME-TV (2/10/04)—Feature story in series by anchor Kim Block, aired several times weekly throughout 2004 and 2005.

NBC Maine affiliate WGME-TV (11/1/07)—Live interview with anchor Kim Block.

Maine Magazine’s “Love Maine Radio” (3/8/15)—In-depth interview with Dr. Lisa Belisle. Streaming at <http://themainemag.com/radio>.

PRINT COVERAGE

***Australian Vogue* (10/02)**—Interview.

***Portland Press Herald, ME* (3/02)**—Feature article.

***Family Circle* (Australia, 1/03)**—Excerpt.

***Good Housekeeping* (10/03)**—Feature article.

***Body & Soul*, now Martha Stewart’s *Whole Living* (Winter 2003)**—Excerpt.

***Figure Magazine* (Fall 2004)**—Feature article.

***The Huffington Post* (2/10/15)**—Feature article for launch of National Heart Month by American Heart Association CEO Nancy Brown http://www.huffingtonpost.com/nancy-brown/this-american-heart-month_b_6579998.html.