

THOM BARRETT

Bestselling Author | Inspiring Speaker

LivingLifeWhileDying.com



THOM'S MISSION

Thom's mission is to inspire others to embrace life fully despite the challenges of illness. Through honest exploration and positivity, Thom seeks to offer support and motivation, celebrating courage and zest in navigating life's toughest challenges with hope and adventure.



Meet Thom

Living Life To The Fullest!

Thom's journey mirrors an enthralling adventure novel, distinguished by his resilient spirit against life's challenges. As a former PwC partner, his 35-year career was a testament not just to his business acumen but also to his creative flair and passion for technology, all intertwined with an ever-present zest for adventure.

Now enjoying the tranquility of Cape Cod in retirement, Thom dedicates his creativity to crafting bespoke furniture. His commitment to community shines through his work with Habitat for Humanity and his role as a set builder for the Cotuit Center for Performing Arts. Beyond the serene Cape, Thom's heart beats for exploration - his travels have taken him from the vibrant villages of Central America to the untamed beauty of North America's landscapes.

Gazing into the future, Thom's ambitions are limitless. He is poised to delve into the majestic allure of Antarctica and undertake a momentous trek along the western coastline of South America, journeying from Ushuaia, Argentina, all the way to Colombia. His thirst for adventure doesn't stop there; he plans to complete an awe-inspiring circumnavigation of Australia the following year.

Yet, amidst this vibrant mosaic of exploration and giving back, Thom is engaged in a deeply personal and valiant struggle. For the past eight years, he has been bravely facing cancer, which has recently progressed to stage IV. Despite this, Thom confronts this challenge with the same courage and zeal he brings to every facet of his extraordinary life.

Thom's story is more than a collection of extraordinary experiences; it's a source of hope and motivation. His writings, born from a rich life and bravely fought, aim to empower readers. Whether grappling with a health crisis or standing beside someone who is, Thom's narrative is an inspiring call to action - to embrace and cherish every moment of life. His words, a blend of adventure and resilience, are a testament to his journey and a guiding light for others navigating their paths.

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INSPIRING SPEAKER

Thom's journey is a testament to resilience, creativity, and an insatiable thirst for adventure. From his career at PwC to crafting bespoke furniture on Cape Cod, his story inspires courage in the face of adversity. Despite battling stage IV cancer, Thom's zest for life shines through, from exploring Central America to planning epic treks. His words blend adventure and resilience, offering hope to all navigating life's challenges. An interview with Thom promises a glimpse into a remarkable life and a source of inspiration for all who seek to embrace every moment with courage and zest.

WHY INTERVIEW THOM AS YOUR GUEST?

Thom is more than a bestselling author; he is an inspirational speaker whose message resonates deeply with diverse audiences. With a blend of passion and authenticity, Thom infuses his talks with energy and insight, empowering listeners to embrace life's challenges with courage and grace. As a speaker, Thom offers a range of engaging topics, each grounded in his own experiences and enriched by his unique perspective on resilience and the human condition. While Thom routinely delivers tailored content, his most popular topics and questions are:

SUGGESTED DISCUSSION TOPICS

Embracing Life in the Face of Adversity: An Inspirational Journey with Thom Barrett

Learn all about Thom Barrett's resilience and determination in the midst of his battle with cancer, exploring how he shifted his perspective from merely existing to actively embracing every moment of life.

Finding Hope Amidst Setbacks: Navigating Cancer and Beyond with Thom Barrett

Delve into the various challenges Thom Barrett has faced, including heart disease, divorce, and loss, and how he has maintained a sense of hope and optimism throughout his journey with cancer.

Living Fully: Lessons from Thom Barrett's Extraordinary Adventure

Discover Thom Barrett's adventurous spirit and the lessons he has learned from his travels and experiences, offering insights on how to live life to the fullest, even in the face of uncertainty and adversity.

Delve Into a World Where the Boundaries Between Adventure and Introspection Blur Against the Backdrop of Earth's Most Captivating Landscapes

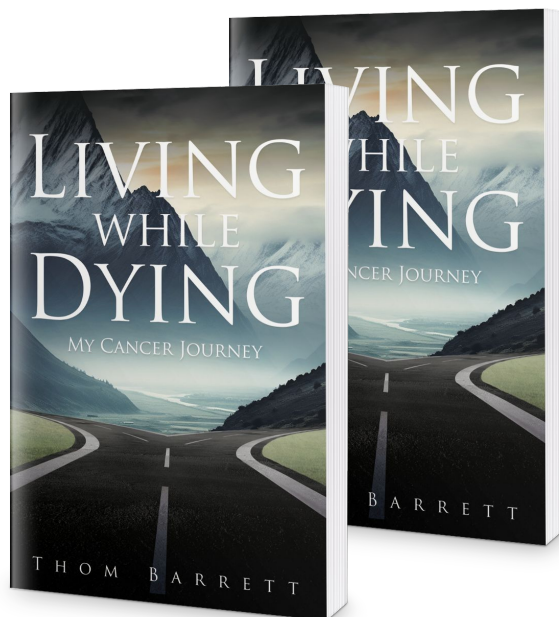
Through immersive storytelling, Thom Barrett's new book *Chasing My Northern Lights* transports us into the heart of the wilderness, where every sunrise promises renewal and every sunset whispers of resilience.

SUGGESTED DISCUSSION QUESTIONS

- Your journey with prostate cancer, chronicled in your first book, *Living While Dying*, is incredibly inspiring. Can you walk us through the pivotal moments that led you to embrace life more fully after your diagnosis?
- Can you elaborate on your experience with previous forms of cancer, such as colon and skin cancer, and how it influenced your initial approach to dealing with prostate cancer? How did encountering prostate cancer as a different challenge teach you a valuable lesson about accepting the past and learning from it?
- Throughout your book, you share candidly about the setbacks and challenges you've encountered, including heart disease, a hip replacement, traumatic brain injury, divorce, and the loss of loved ones. How have these experiences shaped your approach to living with cancer and maintaining a positive outlook amidst adversity?

- Your adventurous spirit is evident in your travels around the globe and your commitment to exploring despite your diagnosis. Can you tell us about how these adventures have impacted your journey with cancer and influenced your outlook on life?
- The title of your second book, *Chasing My Northern Lights*, evokes a sense of pursuit and discovery. What were some of the most profound moments or encounters during your seven-month odyssey that reaffirmed for you the importance of embracing life's uncertainties and seizing every moment with courage and grace?
- Woodworking has become a form of therapy for you, offering a respite from the challenges of cancer. How has this creative outlet helped you navigate your journey's emotional ups and downs, and what advice would you give to others seeking similar forms of solace? What role does Habitat for Humanity have in your outlook on life?
- In both of your books, you discuss moments where you experienced a loss of motivation and struggled to find meaning. Could you elaborate on how you regained a sense of purpose and resilience, particularly during times of difficulty? What strategies have helped you navigate these emotional fluctuations?
- Your second book beautifully intertwines themes of adventure, introspection, and resilience in the face of adversity. Could you share with us how your personal experiences with stage IV prostate cancer influenced the narrative arc of your journey and the insights you gained along the way?
- How important has the support and shared experiences of others been in your journey with cancer? Can you speak to the significance of reaching out for support and advice, particularly for men facing similar health challenges? What advice would you offer to those who may be hesitant to seek support or share their experiences with others?
- In the closing chapter of your first book, you summarize the lessons learned from your journey with cancer. Could you provide us with a glimpse into the types of lessons you explore in this section? How do these insights inform your approach to living each day to the fullest?
- As readers journey through your books, they're exposed to a myriad of emotions and experiences. What do you hope readers ultimately take away from your story, and how do you envision it impacting their own perspectives on life, illness, and resilience?

LIVING WHILE DYING



LivingWhileDying.com

An inspiring wake-up call to embrace and cherish every moment of life.

***Living While Dying* is a blend of adventure and resilience—a guiding light for others facing life's hardest challenges with unwavering strength and optimism.**

Eight years ago, Thom's life took an unexpected turn with a prostate cancer diagnosis. Initially, he believed surgery to remove his prostate would cure him, but the cancer had already advanced to stage III, spreading beyond the gland. At the time, he believed he was already living life to the fullest, but facing a potentially limited lifespan changed his perspective entirely.

From the initial signs of rising PSA levels to the life-altering biopsy in 2016, the book chronicles Thom's journey to active living and traveling. Despite the diagnosis, Thom has embraced life and aimed to give as much as he has received from it.

After a period of remission, the cancer returned in 2019, and despite these challenges, Thom has continued to lead a fulfilling life, traveling and volunteering. Now 67, he faces the realities of stage IV cancer with determination and hope, aiming to surpass survival expectations and maintain a quality life. His thirst for adventure is taking him from Antarctica to South America to an awe-inspiring circumnavigation of Australia. Gazing into the future, Thom's ambitions are limitless.

Living While Dying is a deeply personal narrative about living fully in the face of illness. It sheds light on the daily challenges of living with both the disease and its treatments and explores how it impacts those close to individuals facing this diagnosis.

While this isn't a how-to guide on battling cancer, Thom shares his journey of living with it, emphasizing the importance of a positive outlook and truly living life, not merely existing with the disease. Through his inspiring story, Thom hopes to ignite a spark in readers, encouraging them to seize every moment, whether navigating their own cancer journey or supporting a loved one on that challenging path.

LIVING WHILE DYING

TITLE – Living While Dying

SUBTITLE – My Cancer Journey

AUTHOR – Thom Barrett

PUBLISHER – Self-Published

LAUNCH DATE – January 21, 2024

AMAZON #1 BESTSELLER – [Living While Dying](#)

Retailers may purchase through Ingram globally.

PAPERBACK TRIM SIZE – 6" x 9" (15.24 x 22.86 cm)

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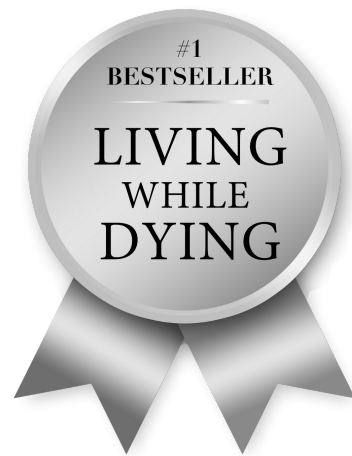
ELECTRONIC – \$6.99 - \$12.99

WEBSITE – [LivingLifeWhileDying.com](#)

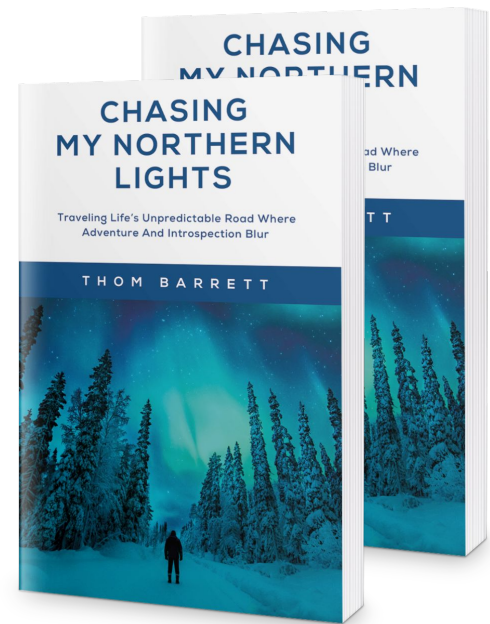
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CHASING MY NORTHERN LIGHTS



A Travelog Tapestry of Adventure and Resilience Through Life's Wilderness.

In *Chasing My Northern Lights*, readers are invited into a world where the boundaries between adventure and introspection blur against the backdrop of Earth's most captivating landscapes.

This isn't just a travelogue; it's a testament to the indomitable human spirit. Thom Barrett, whose very existence has been shaped by the intersection of wanderlust and adversity, navigates the challenges of living with stage IV prostate cancer while embarking on a seven-month odyssey of Overlanding and skiing during the years of 2022–23. Barrett's raw and unfiltered narrative confronts the harsh realities of illness while presenting the transformative power of embracing life's uncertainties.

Rooted in lived experience, *Chasing My Northern Lights* is a beacon of hope for those navigating their trials. It offers a unique perspective on finding beauty in uncertainty and strength in struggle. With each turn of the page, be reminded of the fleeting nature of life and the importance of seizing every moment with courage and grace.

From the celestial dance of the Northern Lights to the rugged allure of mountain peaks, each encounter can become a testament to the profound connection between humanity and the Earth. Through Thom Barrett's immersive storytelling, readers are transported into the heart of the wilderness, where every sunrise brings the promise of renewal and every sunset whispers of resilience.

By the journey's end, *Chasing My Northern Lights* leaves readers with a renewed sense of purpose and a profound appreciation for the beauty that surrounds them. For those who dare to chase their own Northern Lights, this book is a guiding light in life's wilderness.

CHASING MY NORTHERN LIGHTS

TITLE – Chasing My Northern Lights

SUBTITLE – Traveling Life's Unpredictable Road Where Adventure And Introspection Blur

AUTHOR – Thom Barrett

PUBLISHER – Self-Published

LAUNCH DATE – August 20, 2024

AMAZON – [Chasing My Northern Lights](#)

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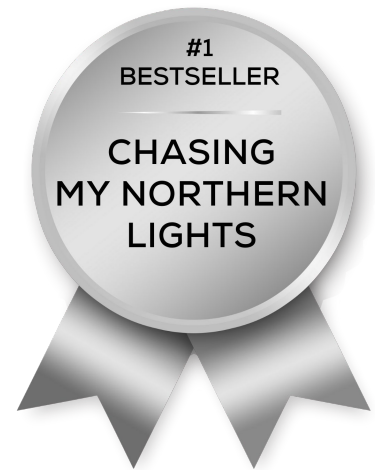
ELECTRONIC – \$6.99 - \$12.99

WEBSITE – [LivingLifeWhileDying.com](#)

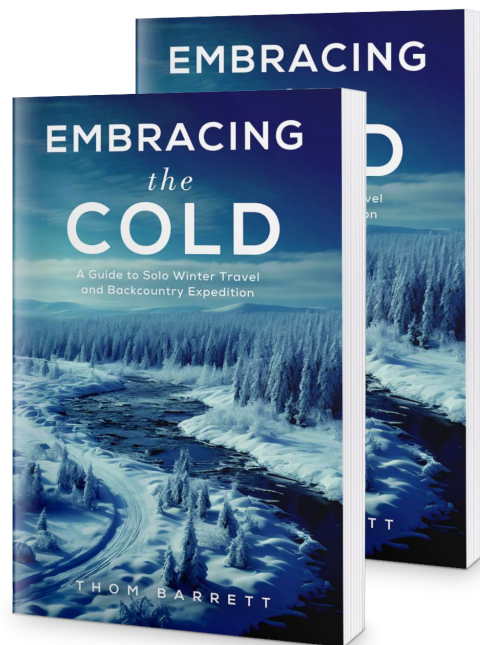
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EMBRACING *the* COLD



Winter isn't just a season to endure—it's an opportunity to discover resilience and immerse yourself in nature's raw beauty. Are you ready to embrace it?

Imagine navigating icy roads, camping beneath snow-laden trees, and embarking on breathtaking expeditions into the wilderness. *Embracing the Cold: A Guide to Solo Winter Travel and Backcountry Expedition* is your essential companion, equipping you to embrace the wonders of winter while staying safe, prepared, and comfortable.

Winter's challenges are formidable—freezing temperatures, treacherous terrain, and the mental toll of solitude demand more than just a love for the cold. Do you know how to keep pipes from freezing in your camper? Can you layer effectively for extreme conditions? Are you prepared to navigate snow-covered trails or thrive off-grid? For many, these challenges make winter adventures seem unattainable.

Thom Barrett, an experienced winter adventurer and solo traveler, shares hard-earned insights from years of navigating remote, icy landscapes. With expertise in boondocking, winter survival, and off-grid preparation, Thom offers practical advice for thriving in harsh conditions. From gear setup and clothing strategies to safety tips and mental resilience, his guidance empowers you to embrace the season's challenges confidently.

By the end of this guide, you'll master winter survival strategies, prepare your vehicle and gear for icy conditions, and cultivate the mental toughness to savor the solitude and serenity of the season. You'll be ready to craft a fulfilling winter adventure that leaves no trace and deepens your connection to the natural world.

Answer winter's call. Dive into *Embracing the Cold* and transform the harshest season into an unforgettable adventure, discovery, and personal growth journey.

EMBRACING *the* COLD

TITLE – Embracing the Cold

SUBTITLE – A Guide to Solo Winter Travel and Backcountry Expedition

AUTHOR – Thom Barrett

PUBLISHER – Self-Published

LAUNCH DATE – January 13, 2025

AMAZON – [Embracing the Cold](#)

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ELECTRONIC – \$6.99 - \$12.99

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The **STRENGTH** *of* **SURRENDER**

**What if surrender could be your greatest strength,
and joy could shine even in life's darkest moments?**



In *The Strength of Surrender*, Thom Barrett takes you on a deeply transformative journey through acceptance, resilience, and emotional healing. What if letting go of control could open the door to profound understanding and connection? Imagine facing uncertainty, grief, or a painful diagnosis with renewed hope and a deeper appreciation for life.

Many of us wrestle with feelings of isolation, fear, and despair. This chapbook offers solace and insight whether you're grappling with loss, struggling to accept a new reality, or navigating significant life changes. Through a collection of heartfelt poems, *The Strength of Surrender* speaks to anyone facing life's adversities, offering a guiding light in moments of darkness.

Thom Barrett, a passionate poet and cancer thriver, brings authenticity and authority to his words. Having faced heart disease, a traumatic brain injury, and a stage IV cancer diagnosis, Thom's lived experiences infuse his poetry with hard-earned wisdom and compassion. His writing offers a roadmap to acceptance, encouraging you to find courage in vulnerability and strength in surrender.

By the end of this chapbook, you will feel empowered to confront their struggles with mindfulness, emotional resilience, and self-compassion. Each poem serves as a guide, inspiring you to choose joy and embrace acceptance as an active, courageous practice.

Discover the power of letting go. Dive into *The Strength of Surrender* and find comfort, connection, and inspiration on your journey of healing.

The **STRENGTH** *of* **SURRENDER**

TITLE – The Strength of Surrender

SUBTITLE – A Chapbook of Heartfelt Poems

AUTHOR – Thom Barrett

PUBLISHER – Self-Published

LAUNCH DATE – January 2025

AMAZON – [The Strength of Surrender](#)

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