

**FOR IMMEDIATE RELEASE**

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## **Battle for Grace: A Memoir of Pain, Redemption and Impossible Love** by Cynthia Toussaint with Linden Gross

Paperback: \$14.95; ISBN: 978-1482592047  
e-book: \$9.99; ISBN: 978-1301423583  
296 pages

Available now at Amazon.com and forgrace.org



*“This is an inspirational book in which Cynthia Toussaint provides living proof that with courage and determination, supported by love, anything is possible. I hope you will read Battle for Grace.”*

**- Jane Goodall, PhD, DBE, Founder - the Jane Goodall Institute & UN Messenger of Peace, [www.janegoodall.org](http://www.janegoodall.org)**

*“I identify strongly with Cynthia’s experiences since I’ve endured fifty-six years of living with a disability after a skiing accident left me a quadriplegic. Our competitive spirits have helped us triumph over our severe physical problems. By telling her story, as I did, Cynthia is helping millions of others to never give up on their dreams.”*

**- Jill Kinmont Boothe, Alpine ski racer who inspired *The Other Side of the Mountain***

*“Battle for Grace – Cynthia’s journey and story – is a true testament to the strength of the human spirit. Cynthia is at once honest, determined, raw and inspiring. You will find yourself rooting for her through the challenges and delighting in the victories.”*

**- Beth Darnell, Ph.D., clinical associate professor, Division of Pain Management, Stanford University**

LOS ANGELES (March 12, 2013) – Cynthia Toussaint’s *Battle for Grace: A Memoir of Pain, Redemption and Impossible Love* is a story about real pain-wrecked lives. Real life-affirming love. Real hope and life lessons. And, most of all, a miraculous recovery despite real healthcare indifference.

Toussaint takes readers on an extraordinary 30-year journey where a crippling mystery illness triggered uncontrolled violence that almost destroyed her. The story begins with a minor ballet injury at age 21 that grew into the chronic pain disease, Complex Regional Pain Syndrome. Her pain went undiagnosed for 13 years as doctors told her it was all in her head. Bedridden for a decade, she was unable to speak for five of those years and was often reduced to the violence that attacked both herself and John Garrett, the love of her life. John has remained at her side for 33 years. She lost the career she’d dreamed of as an actor, dancer, singer, the chance to have a child and very nearly John as well.

A powerful aspect of *Battle for Grace* is John’s emotional “take” as the partner, caregiver and witness to Cynthia’s journey. John shares his feelings at the end of each chapter.

Many people with Toussaint’s illness take their lives instead of contending with the pain, which is why CRPS is called “The Suicide Disease.” But Cynthia somehow stuck with it, refusing to be a victim. In her battle to survive, she’s taken on the role of activist and aggressively challenges HMOs and pharmaceutical companies that put the unholy dollar ahead of patient care. Wheelchair bound, she founded a nonprofit, For Grace ([www.forgrace.org](http://www.forgrace.org)), and entered the political arena as an advocate for women in pain.

*Battle for Grace* tells how Toussaint reinvents herself and turns tragedy into triumph for millions of women worldwide.

Battle for Grace Press Release

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### **About the Author**

Cynthia Toussaint is the founder and spokesperson of For Grace ([www.forgrace.org](http://www.forgrace.org)), an organization that fights to ensure the ethical and equal treatment of all women in pain. She has fostered two California Senate hearings on the under-treatment of and gender bias toward women in pain and gave testimony at both events. Toussaint has appeared on more than 75 local and national television shows and featured in over 200 news stories, including *ABC World News with Diane Sawyer*, *PBS*, *Discovery Health*, *The Learning Channel* plus the *New York Times* and *Newsweek*, among many others. A recent media highlight was an invitation from Maria Shriver to launch *Battle for Grace* on her *Architects of Change* website. Toussaint lives in Los Angeles, CA, with her beloved John.

Visit Battle for Grace online: <http://www.forgrace.org/women/in/pain/C267/>

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