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STAYING CENTERED, COPING, LIVING FULLY

Crisis Control

Learn the strategies that will help you quickly find your footing—not flounder—when hard times hit
By Mark Matousek

That's odd, thought Heidi Gottlieb, a 30-year-old TV producer and new mom, when she woke up with double vision one summer day in 1990. She figured the problem would vanish as quickly as it had appeared, but when it didn't, her doctor ordered an MRI, which revealed a tumor in her brain. And so began her health saga with cancer, one that has involved surgeries, radiation, misdiagnoses (doctors failed to notice the tumor's regrowth for 17 years), and more stress than she could ever have imagined. Three years ago, she received a cancer treatment known as proton therapy that arrested the tumor's growth.

Though Heidi wakes up each morning knowing there's a Ping-Pong ball-size tumor in her skull that could start growing again at any moment, you would never suspect she's gravely ill. Funny and outspoken, with a big smile and an infectious laugh, Gottlieb, at 52, is full of good cheer, sitting at a kitchen table in her sunny Port Washington, NY, home. "It's harder on some days to be positive, →