

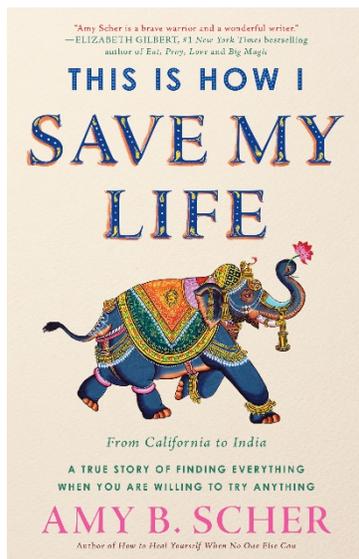
THIS IS HOW I SAVE MY LIFE

From California to India, a True Story of Finding Everything When You Are
Willing to Try Anything

By Amy B. Scher

"Amy Scher is a brave warrior and a wonderful writer. She is a living example of what it looks like when a woman takes her health, her heart, and her destiny into her own hands."

—ELIZABETH GILBERT, #1 *New York Times* bestselling author of *Eat Pray Love* and *Big Magic*



"This Is How I Save My Life is a captivating memoir of Amy's journey of pain, suffering, and adversity that is conquered by courage, faith, and the strong inner pull to return to wholeness and be healed. A delightful and inspiring read."

—SANJIV CHOPRA, MD, MACP, professor of medicine at Harvard Medical School and bestselling author of *Brotherhood* with Deepak Chopra

"A heartwarming and inspiring story that will change the way you look at life."

—VIKAS SWARUP, *New York Times* bestselling author of *Slumdog Millionaire*

THIS IS HOW I SAVE MY LIFE by Amy B. Scher (Gallery Books; on sale April 10th; Hardcover \$24.99) is the true story of a fiery young woman's heartwarming and hilarious journey that takes her from near-death in California to a trip around the world in search of her ultimate salvation. Along the way, she discovers a world of cultural mayhem, radical medical treatment, an unexpected romance, and, most importantly, a piece of her life she never even knew she was missing.

When **Amy B. Scher** was struck with undiagnosed late-stage, chronic Lyme disease, the best physicians in America labeled her condition incurable and potentially terminal. Deteriorating rapidly, she went on a search to save her own life—from the top experts in Los Angeles and the world-renowned Mayo Clinic in Minneapolis to a state-of-the-art hospital in Chicago. After exhausting all of her options in the US, she discovered a possible cure—but it was highly experimental, only available in India, and had as much of a probability of killing her as it did of curing her. Knowing the risks, Amy packed her bags anyway and flew across the world hoping to find the ultimate cure.

THIS IS HOW I SAVE MY LIFE is a powerful and uplifting story of sheer determination for anyone who believes in—or doubts—the existence of miracles and the infinite power of self-healing when it seems like all hope is lost.

Additional Praise for **THIS IS HOW I SAVE MY LIFE**

“An *Eat Pray Love*–like memoir.”

—**PAM GROUT**, #1 *New York Times* bestselling author of *E-Squared*

“A rare book that speaks to the magic of international travel, and how it can tempt and taunt you to expand into the very best version of yourself, or perhaps become someone entirely new.”

—**ADAM SKOLNICK**, author of *One Breath* and more than thirty *Lonely Planet* travel guides

“Scher shows us that . . . sometimes traveling to the other side of the globe reveals what was right in front of us all along.”

—**LAURA MUNSON**, *New York Times* bestselling author of *This Is Not the Story You Think It Is* and founder of the Haven Writing Retreats

“In her stunning new memoir, the refrain “we are the healing we’ve been waiting for” rings throughout...a beautiful testament to resilience that veers from the comical to the tragic.”

— **LA Review Of Books**

About the Author:

Amy B. Scher is also the bestselling author of *How to Heal Yourself When No One Else Can*. An expert in mind-body-spirit healing, she is often lovingly referred to as an “accidental guru.” Amy now uses energy therapy techniques to help those experiencing emotional or physical challenges to heal permanently and completely. Amy’s books have been translated into six languages. She has been featured in major publications including CNN, The Huffington Post, The Rumpus, Los Angeles Review of Books, Cosmopolitan, and the San Francisco Book Review. Amy teaches nationwide at retreats, conferences, and more.

She lives in NYC with her beautiful wife and two bad cats. Most importantly, she lives by her self-created motto: When life kicks your ass, kick-back.



About the Book:

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