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***Rebooting My Brain*: New Book Offers Hope and Humor After Brain Aneurysm**

*Seattle author shares memoir about reframing her life after a medical crisis*

February 1, 2011 - Seattle, WA. – 35-year-old Maria Ross’ life came to a screeching halt when an undetected brain aneurysm ruptured and nearly killed her. Along the stubborn road back to health, her resulting cognitive and emotional challenges forced her―sometimes kicking and screaming―to reframe her life, her work and her identity. In her new book, *Rebooting My Brain*: *How a Freak Aneurysm Reframed My Life* (released digitally February 1, 2012 and in print May 1, 2012), Ross offers readers hope, advice and inspiration about what happens when an unforeseen medical crisis yanks you out of your comfort zone―and if you’re lucky, throws you back on the ride of life again.

According to The Brain Aneurysm Foundation (www.bafound.org):

* Approximately 6 million people (1 in 50) in the US have an unruptured brain aneurysm
* Approximately 25,000 (8 in 100,000) of those people will have their aneurysm rupture
* About 40% of people who have a ruptured aneurysm will die
* Brain aneurysms are most prevalent in people ages 35 – 60
* They impact more women than men
* 4 out of 7 people who recover will have disabilities

“I think part of my miraculous recovery was due to not knowing the staggering statistics,” says Ross, “The other part was my attitude. While I was blind for six weeks due to complications and faced cognitive issues that forced me to change my lifestyle, I was stubborn. I refused to accept ‘if’ I would recover and focused instead on ‘when’ I would get back into the swing of things.”

In the book, Ross reveals the keys to her extraordinary comeback and how her perspective on life is forever changed, mostly for the better. These keys include patience, acceptance, humor , facing fear and community. The book not only shares an inspirational story of transformation but reveals the surprising results of brain injury that sometimes never go away and require ongoing effort.

**About *Rebooting My Brain: How a Freak Aneurysm Reframed My Life* by Maria Ross**

The book launches in digital form on February 1, 2012, and will be available on Amazon.com, BN.com and all major eBook distributors. The print version, distributed by Ingram Book Group, will be available May 2012. To download free sample chapters or buy the book, visit www.rebootingmybrain.com

**About Maria Ross**

Maria Ross is a consultant, author, speaker and actress. Her first book, *Branding Basics for Small Business* (2010, Norlights Press) received praise from marketing experts and best-selling authors. In addition to business topics, she also writes about food and wine and has written for *San Francisco Downtown*, IntoWine.com, Sharp Skirts, Entrepreneur.com, American Express Open Forum and *Seattle Business*. Ross has been featured in *Entrepreneur* and on MSNBC and NPR. She lives with her husband Paul and their Black Lab mix, Eddie.

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