



# From The Feet Up

*Tanya Saad*

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## **From The Feet Up** Tanya Saad

Tanya Saad's life wasn't perfect but it wasn't far off. Happily occupied with a demanding job, the competitive cycling she loved and the support of her irrepressible family, she wasn't given to introspection. Then the thunderbolt hit. At the age of 30 she discovered she had tested positive for the BRCA1 gene — a gene that meant her chances of developing breast and ovarian cancer young increased exponentially. Worse was to come when one of her beloved younger sisters tested positive too.

A resilient personality, Tanya was used to meeting challenges. Growing up as part of the only Lebanese family in a small NSW country town, then coming out as a gay woman in a conservative culture meant she was used to conflict. But the decisions ahead — should she have her breasts and ovaries removed before disease set in? Should her sister? — would require all her strength and resilience.

From the Feet Up is a dazzling memoir of courage and determination, told with great humour and verve. This book examines what it means to be a woman, shows how to meet adversity with both courage and grace, and offers some revelations along the way. As Tanya says: 'The profound moments in your life are not about getting what you want, they are about discovering who you are.'

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