

40-year survivor of a permanent facial difference and life-threatening cancer

## TERRY HEALEY

*The Resilience Mindset:  
How Adversity Can Strengthen Individuals, Teams, and Leaders*

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“I don’t believe my story is unique. Sure, the circumstances related to my facial difference are uncommon, but what I learned about life during my adversity, and the gifts my adversity provided me, are common. There are so many others who have overcome tremendous obstacles — far more challenging than my own — and have come out of those experiences appreciative, grateful, and often with newfound purpose. They realized that whatever happened to them was not the worst thing possible, but a gift in disguise.”

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## MEET TERRY HEALEY

A survivor of a permanent facial difference and life-threatening cancer, Terry Healey is an author, keynote speaker, and business strategist. Healey challenges audiences to face their adversities and apply his framework of four key principles to gain confidence, build resilience, and find joy in their personal and professional lives.

Having endured more than thirty surgical procedures to reconstruct his face while in his early twenties, Healey discovered tools that could help him transform his changed life. He shares ways to take control, overcome challenges, build trust and teams, embrace change, and learn the value of acceptance and

tolerance. He views the lessons he learned as gifts, and believes his greatest reward is being able to teach others how to overcome any kind of adversity and celebrate life.

His experience led him to a successful thirty-five-year career as a high-tech sales and marketing executive, including being on the founding team of a company that had a successful initial public offering. His popular programs are presented to healthcare organizations, corporations, educational institutions, associations, and nonprofits nationwide. They include Cisco Systems, Inc., Charles Schwab, the University of California Berkeley football team, Santa Clara University, Ligand Pharmaceuticals, Genomic Health, Perkin Elmer, Stanford University, UC San Francisco, Kaiser Permanente, Northwestern Memorial Hospital, Greater Baltimore Medical Center, Lawrence Livermore National Laboratory, and many others.

A graduate of UC Berkeley, Healey is the author of *The Resilience Mindset: How Adversity Can Strengthen Individuals, Teams, and Leaders* [September 2025], and his previous title, *At Face Value: My Triumph over a Disfiguring Cancer*, and is a contributing author to *Open My Eyes, Open My Soul: Celebrating Our Common Humanity*; *Make Your Own Miracle: Surviving Cancer, an Anthology*; and *Reading Lips and Other Ways to Overcome a Disability*.

His work has appeared in *CEO World Magazine*, *Psychology Today*, *Metro UK*, *The San Francisco Chronicle*, *Guideposts*, *NurseWeek*, *U.S. News and World Report*, *Sales and Marketing Magazine*, *Coping* and *CURE Today*. He has appeared on dozens of national and local TV networks and has been interviewed on more than seventy-five radio stations across the U.S. and Canada.

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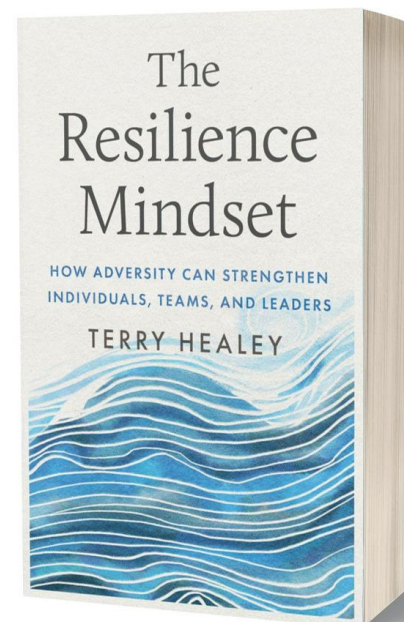
## ABOUT THE BOOK

***The Resilience Mindset: How Adversity Can Strengthen Individuals, Teams, and Leaders*** (EWC Press, September 9, 2025)

**For business professionals seeking success and purpose, cancer survivors, individuals with disabilities who feel marginalized, or anyone facing life's challenges and wanting stronger coping skills, *The Resilience Mindset* offers an actionable framework to overcome adversity and create a more fulfilling life.**

Adversity can deliver a blow to our emotional, physical, mental, and spiritual health, eroding our self-confidence and self-esteem. But the human spirit is strong, and we should never underestimate ourselves. In telling his personal story of adversity, Terry Healey provides insight into challenging life events and how he found a way to practice mindful positivity and find purpose, renewed confidence, and success.

At just 21, Healey faced a life-threatening cancer that left him with a permanent facial difference — a traumatic experience



that could have defined him. Instead, he transformed daily moments of inspiration into powerful turning points, ultimately developing a practical framework built on four core principles. These principles don't just help people navigate adversity, they empower them to build a more meaningful and fulfilling life because of it. From individuals seeking resilience or a leader guiding a team, Healey's approach offers invaluable tools for lasting growth and transformation.

Coping with adversity is one thing, but thriving is another. To thrive, we must find happiness, success, and purpose by developing ways to build resilience, embrace change, and strengthen our resolve so that we become unstoppable. Each of us has the capacity to incorporate Healey's resilience framework into our daily routines and become more empowered and self-confident.

In addition to Healey's own harrowing story, *The Resilience Mindset* offers evidence-backed research and stories from others who overcame seemingly insurmountable odds, including paralysis, traumatic brain injury (TBI), severe dyslexia, burn injuries, and other adversities. *The Resilience Mindset* provides more than inspiration: It provides readers with the tools to build their own survival kits to take on the smallest and biggest obstacles, leading to a more fulfilling life.

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## **DISCUSSION TOPICS INCLUDE: (PERSONAL/INSPIRATION)**

- His sarcoma cancer journey and how it was a gift in disguise
- Essay: I survived life-threatening and facially disfiguring cancer at age 21 and endured over thirty surgical procedures in an effort to reconstruct my face.
- How his facial difference impacted his confidence at work and job performance
- Wiring Your Life (and Workplace) for Success: The business case for positive people, trust, and authentic connection.
- Tools to build your own survival kit to take on the smallest and biggest obstacles, leading to a more fulfilling life
- The 4-part ReBAR Resilience Framework for defeating adversity in business and life (Reflect, Build, Act, Renew)
- Evidence-backed research and stories from others who overcame seemingly insurmountable odds, including paralysis, traumatic brain injury (TBI), severe dyslexia, burn injuries, and other adversities
- The 4 adversities encountered in life and how to overcome them
- Why everyone needs their own theme song to power them through tough times
- Why scars on the inside can be far more disfiguring than scars on the outside
- Two things to do regularly to make life easier and more fulfilling
- The 5-minute pre-bedtime ritual that can optimize your life
- How to harness the power of muscle memory for greater happiness
- Workplace sensitivity: approaches to celebrating visible differences
- The role of faith in overcoming seemingly insurmountable challenges

# DISCUSSION TOPICS INCLUDE: (BUSINESS SUCCESS)

- The ReBAR Resilience Framework (Reflect, Build, Act, Renew): How leaders can turn crisis into clarity and action
  - Exercises for building more resilient teams and management strategies
  - Strategies for cultivating resilience, confidence, and emotional intelligence at the executive level
  - Leadership lessons from his cancer journey — and how to reframe hardship as a source of strength
  - The power of positive thinking: how to do it, and why it's your greatest leadership strategy
  - Why vulnerability and reflection are essential tools for modern leadership, and exercises to help you master them
  - Evidence-backed research and stories from others who overcame seemingly insurmountable odds, including paralysis, traumatic brain injury (TBI), severe dyslexia, burn injuries, and other adversities
  - The 4 common adversities encountered in business, and how to overcome them
  - Why everyone needs their own theme song to power them through tough times
  - Workplace sensitivity: approaches to celebrating visible differences
  - How to fake confidence at work until the confidence feels genuine
  - 5 negative self-talk phrases that are holding you back at work -- and how to reframe them
  - Tips for overcoming adversity in high-pressure environments
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## SAMPLE INTERVIEW QUESTIONS:

- Take us back to what happened in 1984, at the ripe age of 21. What was your diagnosis and how did you initially respond to it?
  - What tools and methods did you use to cope with your cancer, to overcome, and ultimately thrive?
  - How did you keep such a positive outlook throughout more than 30 surgeries?
  - Did you find a new purpose? Is your life more fulfilling because of your adversity?
  - Are you grateful for the experience?
  - How did your experience enable you to find greater success in your life?
  - How can others address adversity?
  - Do you have advice for other people struggling with challenges in their own lives?
  - How does *The Resilience Mindset* and your resilience framework help individuals, leaders and teams find greater success in life?
  - What would you say today to your younger self?
  - Who do you see when you look in the mirror today?
  - How did faith play a role in your life?
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# ENDORSEMENTS

“Resilience is a critical skill for all of us, for our careers but even more so for life. This is a must-buy book as Terry teaches how to build resilience, gain confidence, and embrace change.” — **Tracey Newell, board member, past president of Informatica; author of *Hers for the Taking: Your Path to the C-Suite and Beyond***

“Inspiring and practical, *The Resilience Mindset* is part memoir, part self-improvement, and weaves the author’s incredible life experience into a guidebook for others to prepare and improve their lives to achieve greater happiness and purpose. This is a must-read for anyone looking to move their life forward.” — **Joseph Puthussery, vice president of marketing, Databricks**

“This is a must-read for nurses, MDs, and patients. It’s inspiring, and the tools and practical exercises contained throughout will help medical professionals deal with the stressors of our occupation and impart great guidance for our patients to better handle recovery.” — **Michael Mann, MD, professor of surgery, Division of Cardiothoracic Surgery; director, Cardiothoracic Translational Research Laboratory, UCSF**

“With *The Resilience Mindset*, Healey offers the tools for engineering what a lot of us in Hollywood could use these days — a good comeback story.” — **Bill Pruitt, five-time Emmy Award-winning executive producer of *The Amazing Race, The Apprentice, and Deadliest Catch***

“*The Resilience Mindset* provides a road map into rebuilding yourself — body, mind, and soul — after hardships. Terry’s phenomenal ReBAR framework is a fresh new take on gratitude that helps others create actionable steps to propel them forward into a healthier, more fulfilling life.” — **Jennifer A. Johnson, RN, author of *Nursing Intuition: How to Trust Your Gut, Save Your Sanity, and Survive Your Career***

“As a surgeon, I’ve seen the physical toll of illness—but this book reveals the mental and emotional path only the patient knows. More than a story of survival, it’s a guide for facing adversity with mindful positivity. It invites readers to reflect, grow, and find strength in the face of life’s toughest challenges.” — **Ivan El-Sayed, MD, professor, director, Center for Minimally Invasive Skull Base Surgery, Otolaryngology Head and Neck Surgery, UCSF**

“Finally, a book that provides practical guidance for business professionals and everyday people to find greater success and purpose despite daily challenges. This is an important book to read, and Terry is an important speaker to hear.” — **Grant Riggs, CEO, Riggs Distributing**

“Terry writes and speaks about his life-changing adversity with great courage and honesty. By sharing his proven methodology to improve self-confidence and build resilience, Terry has created a practical approach that can apply to any of life’s challenges.” — **Luanne Tierney, chief marketing officer, Mission Cloud; board director of Crimson Wine Group**

“Too many people have excuses. Terry could have had the best one. Now he has taken learnings from his personal transformation, and success as a business leader, and written an exceptional book to help others adopt more efficient approaches to success and happiness.”

— **Peter Jackson, chairman, Pakked; former CEO of Bluescape, Intraware and Dataflex**

“Terry Healey gives a powerful account of the obstacles he has faced in his own life. His positivity is contagious, and the guidebook he provides for readers is spot on. What a fantastic tool kit others can use to help them through their own life challenges and find renewed optimism and purpose.” — **Lauren Ventura, head of global partner marketing, Check Point Software Technologies**

“Terry teaches all of us that we can choose to build a positive mindset that allows us to become more resilient, helping us to manage change and adversity in new ways. This is a powerful book!” — **Peter Alexander, chief marketing officer, Barracuda Networks, Inc.**

“In *The Resilience Mindset*, Terry demonstrates the power of psychosocial support and therapy in his journey to wellness. His ReBAR framework provides practical tools for those struggling with cancer or any other adversity, and will inspire so many.” — **Sally Werner, Chief Executive Officer, Cancer Support Community**

“Terry’s survival story inspires so many people who deal with head and neck cancer and provides the critical framework and guidance to not only accept life’s curveballs, but to obtain proven tools and methods to cope with cancer and find purpose for a better future.” — **Mary Ann Caputo, Executive Director, Support for People with Head and Neck Cancer (SPOHNC)**

“Terry Healey demonstrates how his devastating cancer diagnosis as a young man turned into a gift and provided him with insights to create a framework and set of principles for other people facing adversity. With a thoughtful blend of personal reflection and compelling case studies, he offers a practical, actionable roadmap for anyone striving to overcome adversity and live a more fulfilling life. This book is an essential read for those seeking strength, clarity, and purpose in the face of hardship.” — **Rob Tufel, MSW, MPH; Strategic Planning Director, Cancer Support Community SF Bay Area**

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## CONNECT

### Connect with Terry Healey:

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