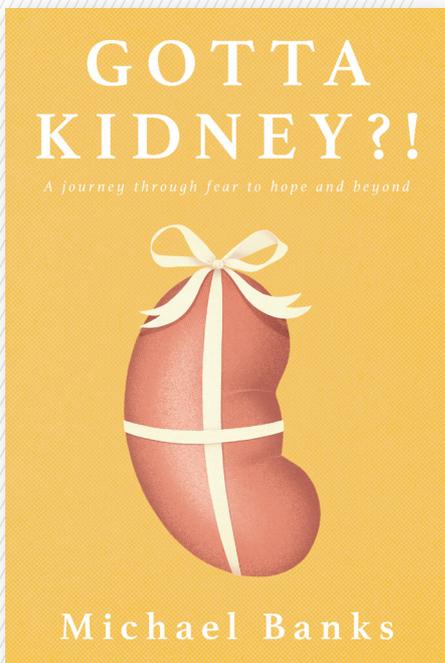


NEW  
BOOK

Do you love anyone enough to give them your kidney?

GOTTA KIDNEY?! - THE EMOTIONAL JOURNEY OF A MAN IN LIFE-THREATENING NEED OF A KIDNEY AND THE WOMAN WHO IS BRAVE ENOUGH TO GIVE IT TO HIM



**Gotta Kidney?! A Journey Through Fear to Hope and Beyond** by Michael Banks is out 12 September, priced £14.99, available from Amazon. See [www.gottakidney.com](http://www.gottakidney.com)

Michael Banks thought he had everything – a high-flying career, a beautiful home and a privileged lifestyle. It took a shock diagnosis of kidney failure to make him understand that all of these things actually meant little compared to what really mattered.

Faced with excruciating pain, emotional turmoil and crippling medical bills, Michael came to appreciate the things he had that money can't buy – supportive friends and family, and a partner who loved him so deeply she was willing to give him her kidney to save his life.

3 million people in the UK have chronic kidney disease, yet 1 million of these are unaware of their condition. Usually this would be detected in the US by regular medical insurance health-checks but Michael had no medical insurance so it came as a life-changing shock!

*Gotta Kidney?! A Journey Through Fear to Hope and Beyond* is partly Michael's story – a no-holds barred look at a debilitating illness, the gruelling experiences and the tools that helped him cope. But it is also Karin's story, his partner who overcame her own doubts, fears and resistance from family members and friends, to take the courageous step to give away part of her body.

**Letting go of life as you know it:**

Diagnosed with chronic kidney failure at the age of 57, Michael's previously healthy life was turned upside down. As a leadership coach to some of the world's top corporate leaders, Michael had juggled a hectic schedule and challenging career, but he quickly realised he had to make some big adjustments and let go of that life, at least for a while.

**When Crowdfunding became a lifesaver:**

An expat living in the USA, Michael had the added stress of mounting medical expenses. What's more the hospital refused to operate until he proved that he could afford the aftercare. More used to helping others, Michael learnt the underappreciated skill of how to accept help and experienced the power of community, as his story spread and friends and neighbours came together to crowdfund to enable the life-saving transplant operation to go ahead.

**The donor's view:**

This powerful book includes a chapter from Karin's point of view and reveals how she really felt when Michael unexpectedly asked her, "Gotta Kidney?". She gives an honest account of the anxiety, fear and intense doubt she felt, as well as the disapproval she faced from friends and some members of her own family.

**ABOUT THE AUTHOR**

**Michael Banks** is a world-class leadership expert who has worked with leaders at many of the world's leading corporations. A former partner with KRW International, Michael understands what makes corporate leaders tick and the important values that distinguish great leaders.

**READY TO SPEAK TO THE MEDIA:**



Michael Banks

Michael Banks is a world-class leadership expert. He is a charismatic and experienced speaker, and is available to provide expert comment, interviews and by-lined articles on a number of topics, including:

— What kidney failure taught me about success

— What's kidney disease got to do with leadership?

— Kidney failure – the facts and advice on dealing with it

— Why should I give you my kidney? Considerations for a donor

— The gifts of adversity – how you can gain wisdom from disruptive life events

— My guru is a kidney – what's yours? What illness taught me

— How to 'let go' of the past and build on the now

— How to stay positive in miserable situations