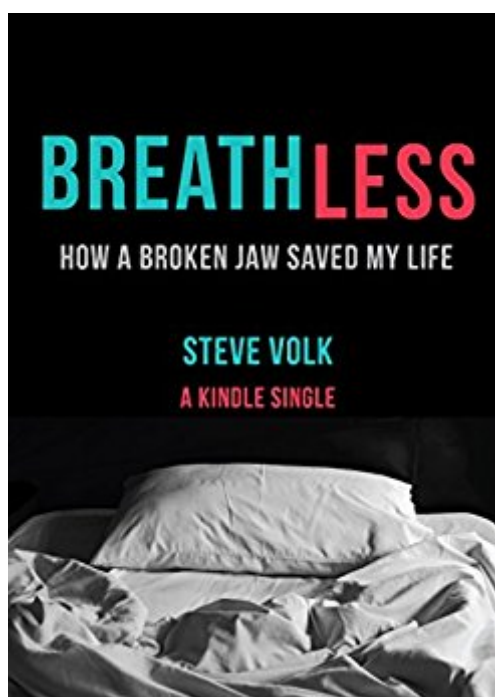


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# Breathless: How A Broken Jaw Saved My Life (Kindle Single)



## Synopsis

A new dad in his early 40s, Steve Volk was on the verge of a personal and professional crisis. He was depressed, overweight, and struggling to handle his responsibilities as a husband and father. After undergoing a sleep study, Volk was diagnosed with sleep apnea, a medical condition that afflicts tens of millions, though roughly 80 percent go undiagnosed. For people with sleep apnea — a sleep disorder in which breathing is interrupted during sleep, depriving the brain and body of oxygen — the effects are serious, even deadly. Volk's doctor explained the grave danger he was in — so oxygen deprived that he could die any night. Unable to secure a life insurance policy because of his condition, and facing a full-fledged break down, Volk determined to do something about it. In *Breathless*, the acclaimed author of *Fringe-ology* brings readers along on his quest save his family — and his life. When a radical new surgery offers a cure, Volk must decide whether the chance for a better life outweighs the risks and the strain such a procedure could have on the people he cares about most. Harrowing, intimate, and illuminating, *Breathless* offers an unprecedented look at one man's desperate journey to overcome a once-chronic diagnosis. Steve Volk is a journalist, author and TV personality, with a book *Fringe-ology: How I Tried to Explain Away the Unexplainable — But Couldn't*, and an upcoming History Channel show, *"The Dark Files."* Volk is a contributing editor at *Discover* magazine, and lives in the Philadelphia area with his wife and twin sons.

## Book Information

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## Customer Reviews

As a sufferer of sleep Apnea, I learned much more from this book than from my lung specialists. One thing I learned, is that the problem can cause diabetes and weight gain. I have diabetes and no known cause or hereditary risks. I had never heard of the surgery. Although the surgery sounds terrible, I may consider in the future. Thank you Steve for a well written account!

Volk writes a very personalized account of the stress and quite frankly, terror, of living with sleep apnea and the success of a cutting edge surgery to cure it. His writing style is warm and personable - imagine having a conversation over a beer with your best bud who also happens to be the most informed patient ever. I'd recommend this book to everyone looking for a solution to their apnea and anyone who's about to undergo any kind of surgery - part of its success was the support system that he and his wife very consciously put in place to help along his six week recovery. As an added bonus, read through Volk's blender recipes that include the Return to Glory and the Spicy Carnivore.

This book was so informative, explaining a surgery that I have never heard about. I suffer from sleep apnea and thought the only solution is to wear the mask for the rest of my life. Thanks for sharing your story and I will pass it along to others who suffers from this disease.

Was very interesting!

I don't suffer from sleep apnea thankfully, but my son has for years which attracted me to read this wonderfully written book. I can't recommend it highly enough. I love the way Mr. Volk writes. He had me hooked from the first page. Read it! You won't be sorry.

Very informative true story of how a jaw surgery saved the author's life. Sleep apnea is a very serious condition and this might save your life

Mr. Volk's retelling of his experience was riveting. An easy read, he told his story as honestly as it was amazing. So wonderfully insightful that I couldn't help but think of how promising this surgery is

for those suffering from sleep apnea: The Silent Killer. Thank you, Mr. Volk!

A deeply revealing read about the riveting drama of carrying out a life/death commitment. Courageous writing. Insightful discoveries. Compelling to the end. Bravo Steve! Wonderful empowering gift to those who suffer with sleep apnea.

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