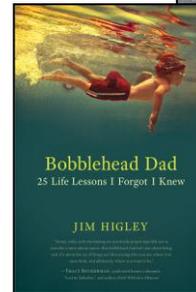


Q&A with Jim Higley, Bobblehead Dad

*cancer warrior
father
award-winning author
speaker*



What does “Bobblehead Dad” mean?

It's a term I use to describe how I felt as a forty-year-old dad—always in a constant state of motion, wearing a smile, but not really experiencing life. Don't you feel that way sometimes?

Your award-winning book, “*Bobblehead Dad: 25 Life Lessons I Forgot I Knew*” promises to share nuggets of wisdom and inspiration from your cancer journey. Tell me more.

This book is all about the discovery of the illuminating parallels that connect the past to the present. It's a reminder of the importance in finding the stories waiting for us every day.

Why do you call yourself a “cancer warrior?”

I'm a warrior because I have to be one. Cancer's always been around my life. Brain cancer took my mom when I was 14, and then a brother in his forties. I also lost my dad to cancer. So it almost wasn't a surprise when I was diagnosed with cancer at a young age, myself.

You had prostate cancer at an early age. How was it discovered?

My doctor picked up on it when the lab accidentally ran a PSA blood test on me. I had no symptoms. Had that test not been run—and based on the aggressiveness of my cancer—the outcome likely would have been much different. Blood tests and early detection really saves lives.

Tell me about what you write. Where can people find you?

I write about the experiences found in the nooks and crannies of everyday life—often from the perspective of a parent. I write a weekly parenting column for the Chicago Tribune's suburban paper, TribLocal, both online and print. I also write for two great national men's online magazines, The Good Men Project and Man of the House. I host a weekly radio show on fatherhood and am an iVoice for NCB Universal iVillage as well. I pop up all over—so look for me!

Are you really the “**World's Greatest Dad**” or do you believe what's on your coffee mug?

No coffee mug for me but I do hold the title! I won a national competition through an awesome on-line men's magazine, Man of the House. It's official. But my kids are contesting it!

Tell us about your book's designated charity, Imerman Angels 1-on-1 Cancer Support.

They provide 1-on-1 support to anyone, anywhere battling any form of cancer. Free. They match a survivor with someone currently battling cancer to provide support—and hope. It's an amazing organization and I'm honored to share proceeds from my book with them.

If you were a bumper sticker, what would your message be?

There's value in the vanilla moments of life.

Any parting advice you want to share with parents?

Be available for your kids 24/7. Physically, emotionally, spiritually. It pays off. Trust me.

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World's Greatest Dad: <http://manofthehouse.com/greatest-dad-contest/entries>

Imerman Angels: www.imermanangels.org