

# CANCER WARRIOR, FATHER, AND AUTHOR NAMED World's **GREATEST** Dad!



**J**im Higley is the World's Greatest Dad. And readers across the world follow this seasoned, funny and wise single father of three faithfully in his print and online columns.

Widely known as the “Bobblehead Dad” from his weekly parenting column in Chicago Tribune’s TribLocal, Higley is a former corporate-guy-who-chucked-it-all-after-cancer-to-be-a-better-dad. A passionate cancer warrior and spokesperson, Higley recently won the title of “World’s Greatest Dad” in a national contest sponsored by Man of the House Magazine. Higley’s stories on fatherhood—including his own transition from the boardroom to the carpool—can also be found in The Good Men Project’s “Best of Daddy Bloggers.”



“Am I really the World’s Greatest Dad? I think my kids would be the first to answer that with a resounding ‘No!’ But what I’ve learned to become is available to my kids 24/7 – physically and emotionally,” Higley said. “Cancer has a funny way of helping you get your priorities straight. Add a few kids to the mix and suddenly daily life offers some pretty amazing experiences and lessons.”

1. When you can’t be brilliant with words, be brilliant with your arms.
2. Celebrate something every day.
3. The best gifts find you. Let it happen.

**Q:** What does “Bobblehead Dad” mean?

**A:** It’s a term I use in my book to describe how I felt as a typical forty-year-old dad in a constant state of motion and putting on a good face. But not really experiencing life.

**Q:** You’re a single dad raising three kids alone. Why do you call yourself a “cancer warrior?”

**A:** 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.

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

**A:** My doctor picked up on it when the lab accidentally ran a PSA blood test on me. I had no symp-

toms. 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.

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

**A:** 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 pop up all over—so look for me!

**Q:** Your 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.

**A:** This book is all about the dis-

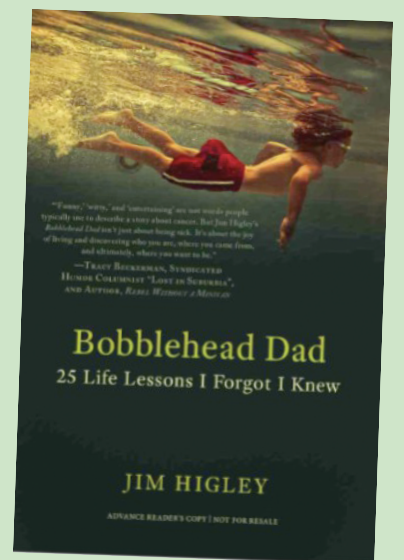
covery of the illuminating parallels that connect the past to the present. It’s a reminder of the importance in finding the stories waiting for us every day.

**Q:** Tell us about your book’s designated charity, Imerman Angels 1-on-1 Cancer Support.

**A:** 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.

**Q:** Any parting advice you want to share with parents?

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



Higley’s debut book, *Bobblehead Dad: 25 Life Lessons I Forgot I Knew*, is an inspirational account of his extraordinary journey through cancer, fatherhood and several forgotten life lessons. The book will be available in bookstores everywhere nationwide on June 1, 2011.