



## **In an Instant: A Family's Journey of Love and Healing**

*Lee Woodruff, Bob Woodruff*

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## In an Instant: A Family's Journey of Love and Healing Lee Woodruff , Bob Woodruff

In one of the most anticipated books of the year, Lee Woodruff, along with her husband, Bob Woodruff, share their never-before-told story of romance, resilience, and survival following the tragedy that transformed their lives and gripped a nation.

In January 2006, the Woodruffs seemed to have it all—a happy marriage and four beautiful children. Lee was a public relations executive and Bob had just been named co-anchor of ABC's *World News Tonight*. Then, while Bob was embedded with the military in Iraq, an improvised explosive device went off near the tank he was riding in. He and his cameraman, Doug Vogt, were hit, and Bob suffered a traumatic brain injury that nearly killed him.

*In an Instant* is the frank and compelling account of how Bob and Lee's lives came together, were blown apart, and then were miraculously put together again—and how they persevered, with grit but also with humor, through intense trauma and fear. Here are Lee's heartfelt memories of their courtship, their travels as Bob left a law practice behind and pursued his news career and Lee her freelance business, the glorious births of her children and the challenges of motherhood.

Bob in turn recalls the moment he caught the journalism "bug" while covering Tiananmen Square for CBS News, his love of overseas assignments and his guilt about long separations from his family, and his pride at attaining the brass ring of television news—being chosen to fill the seat of the late Peter Jennings.

And, for the first time, the Woodruffs reveal the agonizing details of Bob's terrible injuries and his remarkable recovery. We learn that Bob's return home was not an end to the journey but the first step into a future they have learned not to fear but to be grateful for.

*In an Instant* is much more than the dual memoir of love and courage. It is an important, wise, and inspiring guide to coping with tragedy—and an extraordinary drama of marriage, family, war, and nation.

A percentage of the proceeds from this book will be donated to the Bob Woodruff Family Fund for Traumatic Brain Injury.

*From the Hardcover edition.*

## In an Instant: A Family's Journey of Love and Healing Details

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## **From Reader Review In an Instant: A Family's Journey of Love and Healing for online ebook**

### **Sonja says**

If I could post more than five stars, I would do so for this book. I cried in many places as I read it, but I also laughed and smiled. Wow. What an amazing story of a family who has been through so much. And what a way to illustrate, that no matter what you face, you can get through it if you face it together. I have a quote I want to share from the book.

"But the moments that define us, that strip us down to raw bone and cartilage and build us back up: they are the tough ones. They are the stories of grief or tragedy, stories tinged with sadness and sorrow. They are the leads on the nightly news, the ones that grab our attention and glue us to the screen. I believe how we attack those curve balls is the stuff of life; they count just as much as the good times. Perhaps there are lessons here, lessons for others who will inevitably hit the gritty pavement of life, often when they least expect it."

The book was so powerful, so meaningful, and I am just overwhelmed. I'm going to say it again...I loved this book! IT was so incredibly powerful! It took me a long time to read, even though it's a short book, for a couple of reasons. One, it shifted back and forth into different voices, and two, it's just very powerful.

I don't normally like books that shift back and forth between characters, but in this book, it fit. Bob and Lee each needed to be able to tell their own part of the story, and honestly, the reader usually needed a shift of gears when the switch came. It fit in well, and wow. I cannot say enough about this book. READ IT.

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### **Sarah Sammis says**

In an Instant is a two part memoir, one about how the Woodruffs met and the other about Bob's recovery from the injuries he received when an IED exploded under the vehicle he was riding in. For the most part, Lee's memoir covers Bob's recovery. Bob's memoir in turn covers their courtship and marriage.

As Lee explains in the "About this Book" section, the process of writing was therapy for her during those tough weeks while Bob was in the medically induced coma. Bob's contribution to the book was also therapy and served as a way for him to recover. He had to relearn how to speak, write, walk and all the other things most adults take for granted.

For the gruesome details of Bob Woodruff's injuries, In an Instant is a fairly easy book to read. Lee's passages are by far the more interesting half of the book. Her descriptions of what happens to the body when it is hit by an IED are frank, raw and unglamorous. Bob's memories of his marriage and early career may be of interest to his fans but for me it interrupted the flow of an otherwise interesting book.

If you are interested in winning my review copy, I will be drawing a winner at 11PM Pacific time on April 15th. To enter, please leave a comment on the original contest announcement. The comment must include your reason for wanting to read the book. Just leaving your name will not qualify as a comment. Comments left on this review, will not count.

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## Books Ring Mah Bell says

Simply stated, it is a miracle that Bob Woodruff survived a blast from an IED (improvised explosive device) in Iraq. His level of recovery has been remarkable.

Working in rehabilitation, I was mainly interested in the experience they had while recovering from his TBI. I expected the book to be more of that. The story of recovery weaves in and out with the personal history of Bob and Lee (his wife), his career, and other significant events.

Mr. Woodruff had to overcome serious physical and cognitive challenges. Finding the right words was often a challenge. My favorite examples of this was how he would call pajamas "sleep puffers" and when describing a family friend who had breast implants done, he said, "she had a breast explosion". He has recovered to the point he can look back on that with humor. Many families are not so "lucky".

Sadly, thanks to this lovely war in Iraq, too many soldiers are coming home with brain injuries and, more sadly, are not receiving the care and rehabilitation they need.

From the book:

*...many soldiers' injuries have gone undiagnosed. Men and women who have been near a blast are also at risk. The concussive effects are damaging... these people were sent back to the battlefield-unsure of why they couldn't think straight or why their judgement was off... Each of these injured soldiers needs professional cognitive rehabilitation to help connect those neurons... Traumatic brain injury will be a tragic and desperate legacy of the Iraq War here at home."*

I hate for anyone to go through the trauma the Woodruff family has endured. On the plus side, Bob has recovered to the point he can shed some light on TBI and the soldiers who are our walking wounded.

[www.bobwoodrufffamilyfund.org](http://www.bobwoodrufffamilyfund.org)

[www.biausa.org](http://www.biausa.org)

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## Cindy says

This is not the first personal story I have read about someone who survives a traumatic brain injury(TBI). Why I don't know, but TBI is very interesting to me. Reading about how the brain recovers from TBI and how the person with TBI is changed because of it is just very fascinating to me.

Woodruff's story is amazing. If you've been through any kind of medical crisis with a loved one, there is much in this book that will ring true to you. It's been a long time since I've cried while reading a book but I cried three times while I read this. I also laughed. It's a story of hope and acceptance and perseverance and love.

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## **David Litwack says**

I picked up this book to do research for my upcoming novel, *Along the Watchtower*, hoping to better understand the impact of Traumatic Brain Injury. I was unprepared to find such an honest and heart wrenching story. Like the wonderful novel, *Still Alice* by Lisa Genova, this story is from the perspective of the person with injury/illness. In *Still Alice*, the reader gets to be inside the head of a Harvard professor diagnosed with early onset Alzheimer's disease as we follow her through her gradual decline. *Still Alice* is a wonderful book, but it is fiction. *In an Instant* is real.

Bob and Lee Woodruff had a wonderful life. They were both bright and successful, with a good relationship and four terrific children. Bob had just achieved the near pinnacle of a journalist's career, having been chosen to replace Peter Jennings as the coveted ABC World News Tonight anchor. Sent to cover the war in Iraq, Bob's life changed in an instant, when an IED attack sent shrapnel into his brain.

While probably written mostly by Lee, the story more or less alternates between what each of them remember. The attack and its aftermath are interspersed with touching backstory about their life, their courtship and their family. But mostly it's about his struggle to recover from his injuries.

This book gives exceptional insight into the impact of trauma to the brain, which is especially tragic in such a brilliant man. The two of them tell how Lee came to the hospital every day, without him recognizing her, and how one day she came in and he asked, almost angrily, why she hadn't visited until then. On that day, his brain had healed enough that he could recognize her. It also demonstrates the random weirdness of a damaged human brain, perhaps manifested most dramatically in the following: at one point, Bob Woodward could remember the names of all the US presidents (how many of us can do that), but not the names of his children.

I achieved my purpose, getting great insight into Traumatic Brain Injury. But I also received much more—a look into the life of a loving family, their descent into near tragedy and their courageous and remarkable return to a normal life.

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## **Pris robichaud says**

"Will You Still Love Me?", 1 Mar 2007

Lee Woodruff questions her husband's physician " Will he still love me?" Yes, his physician answers. I have not had a patient who didn't love the people he loved before."

'In An Instant' is more than a poignant review of the year in the life of Lee and Bob Woodruff. This book is a reflection of their thoughts, prayers, experiences and day to day life. Bob Woodruff, ABC journalist, was in Iraq to report on the war and was critically injured. Half of his brain, the left half was injured and that portion of his skull was removed to decrease the swelling. He was operated on at once and flown to Germany to be stabilized and then to Bethesda, Maryland with his critical brain injury. It took 5 weeks of constant care and love by his family and medical team before he awoke. Lee tells us about her struggles and the family issues and the constant anxiety of watching her husband fight for his life. At one point at the end of the five weeks,

Lee got into bed with Bob amidst his tubes and lines and told him he needed to fight, they needed him. Two days later she walked into the Intensive Care Unit, and he was sitting up in bed, and said, "Sweetie, Where ya been?" From that time the fight began in earnest for Bob who had suffered a traumatic brain injury to renew his life.

Lee Woodruff, the real hero of the story, gives us an honest, compelling look at what life was like for her. Trying to find time for four children, her husband who was critically ill, and then recovering and balancing what she needed to do to keep her body and soul together. She talks often of the other families she met, the Iraq and Afghanistan war wounded. When Bob finally did wake up and his rehab and recovery began in earnest, life became busier and she had to become more resilient.

Bob Woodruff during his rehabilitation became involved in the lives of other men and women who had suffered as he did. He will continue to follow the TBI (traumatic brain injured) soldiers and attempt to assist in whatever manner he can. After his recovery he needed to go through more surgery to replace the piece of skull on the left side of his head. Today he looks as he did before his injury. He has had a remarkable recovery. He still has times when he cannot remember some words. He and Lee visited the Intensive Care Unit at Bethesda and thank the team who care for him. Everyone was overwhelmed. Bob was only the fifth person out of hundreds who had recovered enough to come back and visit.

Life goes on, we all know that. Disaster, critical injuries, surgery, critical care for 5 weeks or more and then awakening. Followed by recovery and the long journey home. 'In An Instant' life changes and will never again be the same. Highly recommended. prisrob 3-01-07

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### **Jeanette says**

After receiving several positive recommendations from friends about this book, I decided to pick up a copy at the library. In 2006 we were living in an apartment without any TV reception, so I had never heard about or seen any of the news coverage about what had happened to Bob Woodruff in Iraq. While reading I realized this had apparently been a big story that I knew nothing about at all.

In January 2006, shortly after being named co-anchor of ABC's World News Tonight, Bob Woodruff was embedded with a military unit in Iraq when an IED went off near the tank he was riding in. Woodruff suffered a traumatic brain injury and nearly died. In an Instant, tells the story not only of Woodruff's injury and recovery but also chronicles his early career, marriage and family.

I liked the movement in time and perspective, moving in time from Lee and Bob in the hospital after the explosion to the past, parts of the story being told by Bob and others by his wife, Lee. I especially enjoyed reading about their experiences in China during the Tiananmen Square incident. I have vague memories of my family watching news stories about it at the time it occurred and reading the Woodruff's experiences prompted me to learn and read more about what had happened there.

It was interesting to read about the strides the military has made in treating traumatic brain injuries and all that our military doctors and nurses are able to do now that they were unable to do previously. While, there is still a lot that can and should be done for those suffering from these injuries, there have been some major advances in recent years. It is sad that they have had to make these advances out of necessity due to the number of soldiers who are receiving head injuries in Iraq and other areas. I found it somewhat ironic that if Woodruff had suffered the same injuries in the States he probably would not have survived but out in the Iraqi desert, miles from any hospital, the odds were in his favor.

I really did enjoy reading this account and found Lee Woodruff's story even more interesting than her husband's at times. I suppose that is because I can try and imagine myself in a similar role as a wife and

mother and wonder how I would react. It was fascinating to read about how Lee dealt and coped with her husband's injuries.

In an Instant was a really interesting read.

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### **Megan Palasik says**

I liked this book a lot. I've heard a lot about Bob Woodruff not because of his job as a reporter and anchor, but because of his injury. I'm a speech-language pathologist and his brain injury was talked about in our TBI and aphasia classes.

I thought the book was interesting and well read by Bob and Lee. Most of the story was told by Lee, his wife. I liked that at the beginning of each chapter, it gave the place and date they would be writing about. The book bounced back and forth between Bob shortly before his injury and his rehabilitation afterward and his life with Lee leading up to his injury. I found his before-life interesting and a good piece to add to his overall story.

As a speech-language pathologist, I wish there had been more written about Bob's rehab after he woke up. Some of it was touched on in the story, some of the funny words he made up while dealing with his aphasia as well as not being able to remember words. However, I thought they could have written more about all of his rehab and not just Lee's devastated feelings as she realized all of the little steps they would have to take throughout rehab.

Overall though, a good book and memoir. I laughed out loud at parts and got tears in my eyes at other parts. Since stories of his accident are woven throughout the book, it left me a little depressed every time I stopped listening to it as his accident is heart breaking. But, it kept me thinking about him and the accident and his story overall; which is what a good story does...keeps you thinking.

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### **Marlene says**

This is an amazing story of a man's fight to come back and of his wife's emotional roller coaster. It hit home with me because my daughter's significant other suffered major brain damage on Dec. 20. He is not going to make it. But Lee Woodruff's description of her husband and of her own feelings and fears paralleled my daughter's in the beginning. It gave me more insight as to what was going on with her and with brain trauma. The book is written in part by Bob Woodruff and in part by his wife, Lee. Aside from the brain trauma, it is a look into his work, as it was, and into their marriage - the effects of his being away so much. Foreign journalism was like a drug for him. I used to watch him. I liked his reporting. I never gave thought as to what his family was going through. Can you imagine your husband being embedded with the troops in Iraq? His recovery from his wounds, and then from his brain injury which affected his speech and ability to remember names and put words together, is amazing. Because he was injured in Iraq, his first treatment was the same as any soldier. He saw how many had brain damage from this war and he and his wife now are dedicating their lives to helping those soldiers.

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## **Sharon Orlopp says**

Lee and Bob Woodruff do an incredible job of blending two distinct writing styles, voices, and perspectives for this profound memoir after Bob was injured in January 2006 by an explosive device (IED) near the tank he was riding in.

A few months before the life-changing event, Bob Woodruff and Elizabeth Vargas had been named as co-anchors for World News Tonight. They were successors to Peter Jennings after he passed away.

Lee and Bob take the reader on an exciting journey of their lives as they lived in China, London, and several cities in the U.S. It's a compelling odyssey of integrating love, career, marriage, children, and tragedy. '

I highly recommend it!

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## **DonnaJo Jo Pallini says**

Powerful! A very heartfelt and truthful story of a family's trials and loves. I appreciate the honesty of Lee Woodruff and it is nothing short of a miracle that Bob can tell his side of the story after such a horrific accident.

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## **Ainsley says**

I wasn't nuts about this, and I was surprised about that because I expected to really enjoy it. Several people in my family loved it. I'm not sure why I didn't. I know that I wasn't very impressed by the writing, but that's not unusual in memoirs.

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## **Lesley says**

I can't believe I just spent almost 3 hrs reading a true story memoir. This was so fascinating that it was a page Turner for me. I remember so well some of his stories on the air so it was refreshing to know his competitor David Bloom was one of his closest friends. I loved Peter Jennings world news and was shocked like the rest of the world when he died. I was hopeful for Bob Woodruff to do well in those big shoes to fill! So this story goes back and forth between both Bob and his wife talking about how they met, living in other countries, how his travels affected the family, and in an instant that an injury changed their life. I was impressed by the writing! Great story of hope and love their commitment to help others with traumatic brain injuries!

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## **Terra says**

In an Instant: A Family's Journey of Love and Healing by Lee & Bob Woodruff is so emotionally charged you can't help but feel every single heart wrenching moment that this family must endure to save the one man they all very deeply love. I cried on that terrible day that Bob was hurt and I cry now as I revisit that

fateful day through the eyes of the person who loves him the most.

Bob Woodruff is a man who is not only extremely handsome but intelligent, loving, kind, energetic, respectful and driven. He's a man who loves his family tremendously and loves his job as a journalist emphatically. Journalism is his dream and luckily for him his family supports each and every step towards fulfilling this important quest.

Lee Woodruff is a Mom first and foremost. She's pretty, intelligent, loving, devoted, caring, kind and one of the strongest women I have had the pleasure to read about. Lee is a Commander General in crisis mode and a typical human being after the fact. Organization is a fantastic quality to have when faced with the unknown and to be able to take life by the horns and hold on for everything it's worth makes this family extremely fortunate.

This memoir is not only about Bob's traumatic injuries sustained in Iraq but also about what has lead this family to this particular time period. Bob's being in the wrong place at the wrong time is one of those things that happens to even the best of us no matter how much we prepare. A quote from Bob, "You can take precautions in this life, but they are like seat belts; they won't necessarily keep you safe".

This book switches back and forth with chapters going from Bob's accident in Iraq to the past so that we may learn Bob & Lee's beginnings, then leading us ultimately to a junction of how and why Bob was in Iraq at that most fateful moment.

We learn of the couple's brief meeting while in college, Bob's success at becoming a lawyer and Lee's success at her own significant career, their marriage, the early times of their marriage while Bob is teaching in China just before and at the beginning of the Tiananmen Square conflict. This is when the journalist bug comes up and bites Bob sending him into the adventure of a lifetime. Being there at that precise moment when action is happening and adrenaline is pumping is what causes fight or flight in so many people.

We travel on through several job promotions as Bob slowly crawls up the journalistic ladder and the number of moves the family must contend with during all this. As Bob follows his dream of being a top journalist, Lee and the kids follow Bob to wherever that happens to lead them.

I found this story informative in so many different respects. Not only do you have the information about the tragedy but of the different diseases that could so easily take your life in an instant. The information about the different places that are visited here and the news presented about the different conflicts and how each and every person involved is affected. Not only that but about how we all should be concerned with what is going on in other parts of the world as they will most likely at some point affect our lives as a whole.

Bob quotes a war photographer, "In the words of legendary war photographer Larry Burrows, journalists who cover wars and conflicts are there "to show the interested people and to shock the uninterested". How true this is!

Upon finishing this book I must say the authors have succeeded in educating us in a comfortable style. May they have a long, happy and healthy life together. They most certainly deserve it.

Reviewed for Front Street Reviews

<http://www.frontstreetreviews.com/>

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### **Tina says**

Not a huge fan of this book: it was much longer than it needed to be, and while some people might enjoy bob's ramblings about the current sociopolitical climates of different areas of the world at different points in time, personally, that is not why I picked up this book. I picked up this book to learn the personal stories of Bob and Lee, particularly as they relate to Bob's TBI while reporting in the middle-east. And while I did learn a lot about the family's lived experiences and TBI recovery, the book was a bit cluttered and disorganized. It frequently jumps between the husband's and the wife's individual perspectives, also jumping both in chronological time and geographical locations of the events. Bob's portions were always heavy on the news-reporter standpoint of areas, while Lee's was more focused on herself and how difficult her experiences were for her. I would have enjoyed reading a collaborative story, in chronological order, where the authors built off of one-another and disposed of the additional information written that is truly only sideline to their story. It was not until the very end of the book, particularly behind the final chapter, where I felt like I saw into the eyes of the family and their experiences. This was unfortunate. So while I feel the authors have a great story to tell, I also feel that it could have been told in a much more effective and interesting way.

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### **Kathleen Hagen says**

In an Instant: a Family's Journey of Love and Healing, by Lee and Bob Woodruff. A. This book details the career of Bob Woodruff and his wife, Lee and her career. The book was written after he was injured in Iraq shortly after he had gotten his dream job-anchor of the ABC Night News. Lee began a journal to help her deal with the changes-first, was Bob going to live at all? If he lived, would he have permanent brain injuries? Would he ever be able to talk, walk, hear or see again? Would his personality be different? Would he even still love her? Lee had to keep the family together, including their four children. She got lots of help from their supportive families and friends. Bob took up writing as he got better, also as a way for him to explore his feelings and to get his memory back. This is an amazing story of his come-back and lack of brain injuries which in and of themselves would ultimately change his life. He is the first to admit that he had the best of both possible worlds. He was injured in Iraq, where the military is used to immediately treating horrible brain injuries and saves lives which would be lost here in the States. But when he got back to the states, he wasn't tied to services funded by the V.A., because he worked for ABC, which paid for him to have the best private care. Bob and Lee talk about how different it is for many of the soldiers who might get as good care while still overseas, but who face grueling waits for services and denials of services when they get home. This is a book which changed the lives of the Woodruffs and, in its own way may change the lives of military personnel as he is using his journalistic skills to bring the costs of this war in brain injuries to the forefront.

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### **Gina says**

I don't know what I was expecting, honestly, but whatever it was, this book surpassed it. It is such a cliche, but I'm not kidding around... you will laugh! You will cry! I really did both of these things while reading, often just minutes apart. What I don't think is apparent, from reviews and so forth, is that this book isn't co-

written as in written together. It is written by 2 separate authors telling the same overarching story, each from his/her unique perspective. Bob Woodruff is the celebrity and the on-camera personality America knows. His wife, Lee, is truly a fantastic writer. Their story pretty much writes itself -- their romance (portrayed without any of the sappiness or unlikely "perfection" that happy endings usually inspire in paramours) and the events that unfolded when Bob was hit by a roadside bomb need no embellishment. But I have to hand it to them. They wrote it well, even though they probably didn't have to. I mean, voyeurism alone would have sold this thing. Yet it's not what will keep you reading once you get going. A side note. During our interview, Lee said that the title she wanted was "Swimming Through Jell-O." Apparently, too similar to "Running With Scissors"? Anyway, I agree with her that it would have been a better title. More artful, and therefore more representative of the contents. Did I mention this book is often funny? So yeah. It's intense, but the offers are at-the-ready with frequent comic relief.

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### **Beth says**

Some thoughts (however, slightly disjointed and incomplete)

This book is a beautifully written account of a family's journey and testament to the importance of love, hope, and faith. Throughout the book Lee and Bob present stories and feelings surrounding his injury and other components of their life together. This method clearly emphasizes the importance of considering the context in which an injury occurs. As a result of their approach to the book I find myself walking away with two ending impressions or "take homes," if you will. The first, echoes the wisdom of one of my former professors; everything you endure in your life tests you, makes you stronger, and prepares you for the next thing that has yet to come. The component's of Lee and Bob's history presented clearly demonstrate this. The challenges, joys, and love they experience in their years together built a strong foundation from which they could rebuild the pieces that fell with Bob's injury. The second impression strikes me both personally and professionally and that is the idea of rehabilitation going beyond the medical. One's rehabilitative journey post-injury or life changing event, is way more than the physiological. Aside from recovering from injury one must recover social skills, endure cosmetic changes, adapt vocation, re-establish confidence, and grieve the things that will not go back to "normal." Occasionally when working with people in the physical therapy setting that it is easy to tunnel vision to the specific problem at hand, which in the individual's mind may not be the most concerning issue. It's all about context, the way in which one's life has and will continue to change.

A couple of quotes from the book:

"The loss of our son taught me that there are no shortcuts to healing. There is no circumventing the pain. To truly heal, you must walk right through the blazing core of grief and face it head on, every agonizing day. Only then can you begin to take baby steps toward recovery. Grief is an alchemist. It will change you, morph you into someone more empathetic, more aware of what is precious, and more clearly able to see your priorities." ~Lee, pg 140

"You can't make deals, barter or trade to spare one another... You can hold faith and hope in equal measures in your heart, and in the end you can teach yourself how best to endure and then to survive and overcome. There is a Chinese saying that compares the human spirit's capacity to bear the weight of hardship to a simple bamboo stalk. It can carry a far greater burden than the naked eye can see." ~Lee, pg 270

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## **Kristen MacGregor says**

This is an amazing story about what one man [and his family] went through after he suffered major head wounds from an IED during the war in Iraq. Bob Woodruff was an ABC reporter, and therefore I believe put himself in the position that he did when he was within feet of a bomb on Iraqi soil. While there is not really anything wondrous or magnificent about their story [other than the fact that he actually survived, and his cognitive resources pulled together enough for him to co-author a book], I still found it to be an enjoyable read. It's sad that only a few pages mention the thousands, more likely millions, of others with similar stories- or worse. Bob is indeed a lucky man, but what of those who didn't have as much of a choice in where they were when they fell trauma- or of those who didn't have a major corporation like ABC backing all of their medical care? I think one of the problems with this current war we are battling is that the only stories being heard are those triumphs over the tragic- instead of the more common, just plainly tragic. Still, this family has seen its fair share of trials and it's nice to read that people like them can pull through them together.

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## **Karen says**

### **My Review of In an Instant: A Family's Journey of Love and Healing by Lee and Bob Woodruff**

This is a love story. One might question this when a journalist has to fight for his life after being wounded while covering the Iraqi war, but not once you read Lee and Bob Woodruff's amazingly poignant story. This is their love story-the story of Bob and Lee, and how their love came to be and sustained them through a year of pain, hope, fear, recovery, and dedication.

Told in alternating time frames from the dreadful moment when Lee is called and told that Bob has been critically injured to how they met and fell in love. Lee tells her account of their love story with passion and feeling, while Bob is as always the accomplished journalist with his fact based style of recollection. Both Lee and Bob are heroes in this story. Bob's valiant effort to handle his severe injuries mostly to the brain, and Lee's courageous, steadfast support and love throughout the entire process make up this amazingly miraculous story.

Bob, only recently having been named co-anchor of ABC News, was in Iraq imbedded with troops covering the Iraqi war while Lee and their four children were at Disney World. While that may sound almost callous to many, this is the life a journalist and his family. When a bomb explodes and Bob is literally blown to pieces, not much hope seems to exist that he will survive as Lee is rushed to her husband's side. Telling about how she got the call and what immediately transpired, Lee aptly recounts their story first hand and truly earns the title of *In an Instant: A Family's Journey of Love and Healing* because that is what happened to this family in just one minute.

In the above-mentioned alternating writing style, the story goes back to Bob's leaving a profitable law profession to pursue his dream of being a journalist. Bob's hard work and passion for covering the news takes him through the rank and file in many amazing places and stories as he works his way up in his journalism career. The part of the story of Lee and Bob's personal life is interspersed with the realities of Bob's day-to-day survival and recovery following the bomb in Iraq.

Bob's 5 week coma, swelling of the brain, and many near death complications are told with detail and clarity so that the reader really experiences, as much as possible, first hand what this family went through. The never ending waiting to see if Bob will survive is a story of such devotion that in reality, you wonder just how someone can go through something like that. Lee tells this story in a way that makes you realize that you can never know, as did she, until you are tested, how you would respond in a situation such as this. At one point, after about five weeks, Lee crawls up into bed with Bob to try and hold him, with all his medical

contraptions and tubes, and she tells him that he must fight for his life because she and their four children need him. Barely leaving his side, Lee is shocked when a few days later she walks into his room and he is sitting up and asking her where she has been?! It is at that point that the real fight begins for Bob to work hard to return to his life as he knew it. Meanwhile, Lee must juggle duel roles of parent and caregiver. This compelling story of love and devotion is told with honesty, humor, and hope. The friendships both Lee and Bob have, the love and family they share, guides one through an often graphic but also witty and very human novel. Get the book *In An Instant* and you will find it won't take much longer than that to be hooked and not want to put it down!

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