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**An Inspirational Memoir and Guide to Thriving through Life's Crises from an  
A Global Speaker, Artist, Actor, Healer, and Survivor of Medical Trauma and Sexual Abuse**

***MY BEAUTIFUL DETOUR***  
***An Unthinkable Journey from Gutless to Grateful***

**AMY OESTREICHER**

**Featuring a Foreword by  
Charles Stolar, Professor Emeritus of Surgery and Pediatrics,  
Columbia University College of Physicians and Surgeons**

Once upon a time, not long before her 18<sup>th</sup> birthday, **Amy Oestreicher** was a young woman full of hope and promise, with plans for college and dreams of Broadway. One week before her senior prom, a blood clot changed everything. In agonizing pain, she was rushed to the hospital—where her stomach exploded, literally. Both of her lungs collapsed. After months in a coma, Amy woke up to learn she might never eat or drink again. Eventually, she had 27 surgeries to salvage and replace her digestive system.

Today, nearly 15 years later, Amy Oestreicher is grateful for that “explosion”—her first of six difficult but wonderful life-changing “detours.” In her debut book, ***MY BEAUTIFUL DETOUR: An Unthinkable Journey from Gutless to Grateful*** (Singing Tree Publishing; November 19, 2019; ISBN-13: 978-17333138819) author **Amy Oestreicher** shares her incredible story of trauma and transformation. She also shares the beliefs and practices that took her from barely surviving to thriving—and blazing her own trails as a “Detourist.”

“A Detourist looks for the upside of obstacles,” Amy explains. “A Detourist follows that twisted path because they’re curious to see where it could lead. In addition, a Detourist embraces those unexpected routes as opportunities for growth, change, and self-fulfillment.”

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Part memoir and part self-help guide, **MY BEAUTIFUL DETOUR** recounts Amy's major detours—from her medical trauma to having her identity shattered to the return of memories of another trauma she thought she had buried: being sexually molested by a trusted mentor. As she acknowledges, she was hurt, betrayed, and broken—physically and emotionally. But her passion and determination stayed strong. A gifted storyteller, Amy writes with honesty, heart, and humor (yes, her book, which she describes as a “fun read” is filled with amusing adventures—like the time she “escaped” from the hospital for a shopping spree). She is also an amazing teacher. With **MY BEAUTIFUL DETOUR** to light the way, readers will learn how to:

- Turn **creativity** into a force for healing, with insight into the power of artistic expression—whether in the form of sketching, painting, singing, dancing, acting, or writing—in alleviating pain and recovering from trauma.
- To tap into the **courage** to find your own uniqueness and dare to reject the path you always thought you wanted and redefine the person you always thought you were.
- Be **grateful** for what you take for granted (after years of being nourished by feeding tubes, Amy savored her first sips of water) and for the hardships and setbacks that give you the opportunity to rethink, rebound, and reinvent yourself.
- Connect to, inspire, and lead others through **storytelling**. By sharing your stories, you touch hearts, open minds, enrich your community, honor the ideas you believe in, and pass on the lessons you have learned.

Amy Oestreicher is living proof that even the most unwelcome and painful detour can lead to unexpected blessings. **MY BEAUTIFUL DETOUR** is a testament to her spirit and resilience—and her gift to those struggling to survive and find their way.

### **About the Author**

**AMY OESTREICHER** is an international keynote speaker, *Huffington Post* columnist, actor, artist, songwriter, playwright, Audie Award-nominated PTSD peer-to-peer specialist, and author. A survivor of extensive medical trauma, including 27 surgeries, and sexual assault, she shares her life story and creative strategies with therapists, medical professionals, patients, sexual abuse victims, and general audiences nationwide. Creator of the #LoveMyDetour movement to inspire individuals to thrive because of, rather than in spite of, obstacles, she has been featured on the *Today* show, delivered three TEDx talks, and performed her one-woman musical, *Gutless & Grateful*, in more than 200 venues across the country. She is also a passionate voice in the ostomy community and presents narrative medicine workshops.

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**Suggested Interview Questions for**  
**AMY OESTREICHER**  
**Author of *My Beautiful Detour***

1. What inspired you to write your book, *My Beautiful Detour* (November 19, 2019)?
2. Would you describe *My Beautiful Detour* as a memoir or a self-help guide—or something different?
3. What was most challenging about writing it?
4. Would you tell us about your first “detour”—your traumatic “explosion”?
5. Would you give us a sense of the physical and emotional toll of losing your digestive system?
6. How did come to see the obstacles you suffered as opportunities?
7. You call yourself a “Detourist.” Would you explain what that means?
8. What is the mission and goal of your #LoveMyDetour movement?
9. In *My Beautiful Detour*, you confide remembering another trauma: sexual abuse. How did you find the strength to deal with those terrible memories?
10. How did your creativity contribute to your recovery and transformation?
11. Would you give us an example of using art as a tool for healing?
12. What skills are essential to resilience? Can anyone develop them?
13. In *My Beautiful Detour*, you emphasize the power of storytelling. How has telling your story changed your life?
14. Would you share some experiences from creating and performing your one-woman musical?
15. Would you tell us about your work with patients and as an alternative medicine advocate?
16. What would you most like readers to understand and gain from *My Beautiful Detour*?

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**Praise for**  
**AMY OESTREICHER and *MY BEAUTIFUL DETOUR***

“Against all odds, Amy finds—and creates—the magical out of the impossible.”  
— Amanda Gronich, writer, actress, and co-creator of The Laramie Project

“What Amy shares through her embrace of her vulnerability is a treasure for all of us. Crisis truly does manifest as opportunity!”  
— Mel Schwartz, Author of *The Possibility Principle*

“Thank you, Amy, for this book and teaching us all that when we live in and from gratitude for EVERYTHING life hands us, ANYTHING is possible.”  
— David Friedman, Broadway Composer, author of *The Thought Exchange*

“Amy Oestreicher is truly a 'life lover'." As courageous and feisty as they come, this woman has lived gracefully through things that would crumble most of us. She has turned her trauma into her gift and now shares her memoir with the world, so her healing process can carry forward, reminding others that anything is possible, no matter what our challenges.”  
— Sheri Gaynor, LCSW, Creative Awakenings International

"Amy's book is a gift—a fantastic reminder and an inspirational guide that shows us that painful detours happen in life, and it's up to us to choose to find the beauty in the struggle.”  
— Joshua Rivedal, author, international speaker, The i'Mpossible Project

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