

# WISHES ARE MEDICINE!

HOW MAKE-A-WISH® GAVE ME HOPE  
& HELPED ME HEAL



BY

JAMIE HEATH

ADAPTED AND  
ILLUSTRATED BY

LEONARD WELLS KENYON



THIS BOOK IS DEDICATED TO  
ALL THOSE WHO SUPPORTED  
ME ALONG THE WAY!

– JAMIE HEATH

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WHAT  
SHOULD I  
WISH  
FOR?

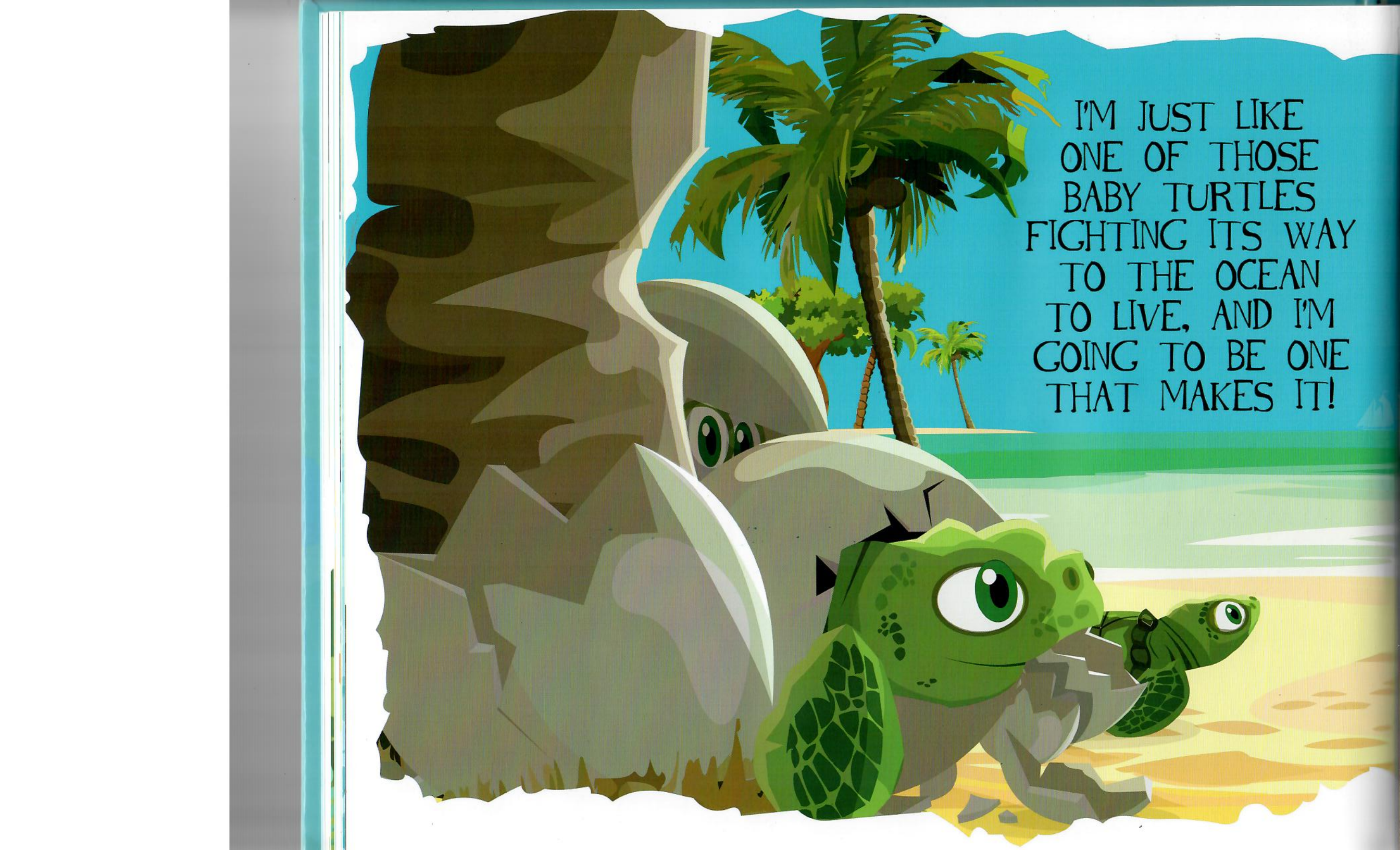
I WONDERED...

THEN IT  
CAME  
TO ME!  
I  
WISHED  
TO  
SWIM  
WITH  
SEA  
TURTLES.



SEA TURTLES  
ARE SO COOL!  
THEIR LIVES CAN BE REALLY HARD,  
BUT THEY NEVER GIVE UP!





I'M JUST LIKE  
ONE OF THOSE  
BABY TURTLES  
FIGHTING ITS WAY  
TO THE OCEAN  
TO LIVE, AND I'M  
GOING TO BE ONE  
THAT MAKES IT!



Dr. First: Chief of Pediatrics, University of Vermont Children's Hospital.

## DOCTOR'S NOTE

Building strengths and resiliencies in children like Jamie, the author of this book, is a key reason I became a pediatrician. It may surprise you to know that Jamie did not create a fictional character but wrote this story based on her own life experience. Her inability to walk and read was due to her experiencing two major episodes of bleeding into her brain due to abnormally formed blood vessels in her head. The effect of such a disability can certainly depress any person, let alone a child, and hamper their drive to overcome whatever their health challenge is, despite the medical and rehabilitative treatments available.

In fact, if a child is going to overcome a disability or disease as Jamie eventually did, the mind and body of that child need to work together and like the sea turtles in the book, create a desire to never give up. That is where Make-A-Wish comes into play as a critical part of the healing process. Having a wish granted by Make-A-Wish is truly transformational and in turn transforms not just the child, but the child's family, friends, and all of us on that child's health care team. That is what happened to Jamie, who is now doing well, as she tells us at the end of the story. That is what the power of a wish is all about.

- Dr. Lewis First

TO REFER A CHILD PLEASE VISIT: [WWW.WISH.ORG/REFER-A-CHILD](http://WWW.WISH.ORG/REFER-A-CHILD)

An underwater scene illustration on a teal background. It features two prominent colorful fish: one with red and white stripes and another with red and orange stripes. The background is filled with various blue silhouettes of sea life, including turtles, smaller fish, and coral reefs. Sunlight rays filter down from the top.

Make-A-Wish®

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