

Benjamin Rubenstein



Biography

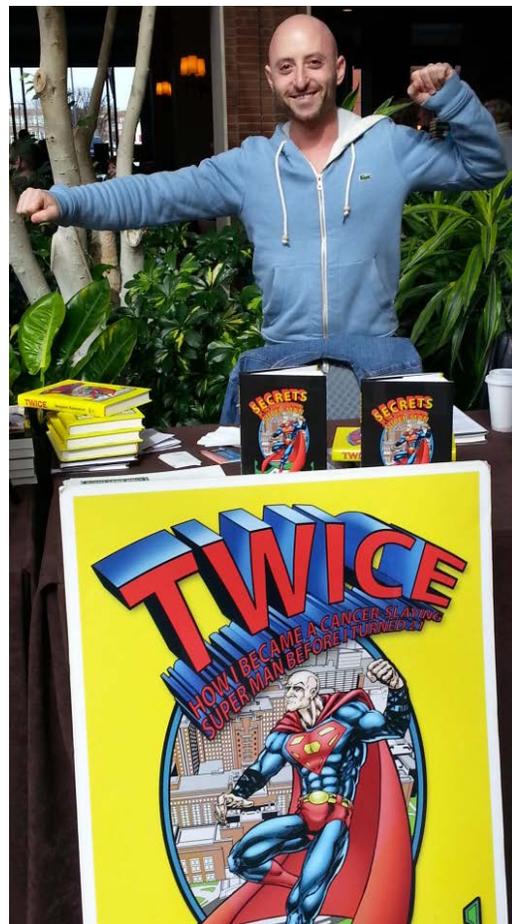
Author of the *Cancer-Slaying Super Man Books* and Expert at Mental Discipline

Cancers

At 16 years old, Benjamin Rubenstein combated aggressive bone cancer, called Ewing's sarcoma, by creating the delusion that he was superhuman. Soon after surviving Ewing's, Benjamin was diagnosed with cancer of the bone marrow, called myelodysplastic syndrome, which was caused by the chemo that treated his Ewing's. Benjamin dealt with two cancers and their punishing treatments, and the loss of his adolescence and early young adulthood, with unyielding mental focus and his invisible superhuman cape.

Books

Benjamin studied economics at the University of Virginia, but was drawn to writing. Benjamin's memoir, "Twice," published in 2010 and his book for teens and pre-teens, "Secrets of the Cancer-Slaying Super Man," published in 2014. Benjamin is also the author of *cancerslayerblog* and frequently contributes to The Huffington Post blog.



2014 Virginia Festival of the Book

Speaking

Benjamin shares stories about losing his left hip to cancer, living in an isolated hospital room for 65 consecutive days following his bone marrow transplant, and the nine rules that guided him into ultra-healthy survivorship. With humor and realness combined with a message specific to his audience, Benjamin inspires others to achieve their goals.

To discuss booking Benjamin for your event, contact Jonathan at Jonathan@cancerslay.in

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Where He's Spoken

Some of the places where Benjamin has spoken include:



“Listening to Benjamin Rubenstein. **I think he might be superman. But funnier.**” – *Rebecca Nellis, Chief Mission Officer at Cancer and Careers*

"Benjamin shared his amazing story with me and my oncology massage students and brought a new perspective to our class discussion. His story is not like others any of us had heard. **His humor, self-awareness and total openness inspired a real and valuable discussion about what it means to discover who you are** through cancer treatment...and then about how you can go on to more than live your life after." – *Lauren Cates, President, Society for Oncology Massage*

“You were great! **I appreciate your wit and humor** and look forward to reading your book. Thanks so much for taking the time to share your insights with us.” – *Ellen Malka, Health Science Teacher, Osbourn Park High School*

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Speech Topics

The Cancerslayer in the Room: Embracing Diversity and How to “Own It”

Audience: Teen Programs, Middle and High Schools, Universities

Diagnosed at 16 with bone cancer requiring a year of grueling treatment, Benjamin’s survival technique was to believe he was superhuman. Nine rules guided his life including not being allowed to share his illness with classmates. Through funny tidbits, Benjamin will show how these rules also made him an outsider. It’s easy to make assumptions about others because they’re different, but everyone offers something unique if you’re open to embracing them.

Learning outcomes:

- Understand that diversity comes in many forms
- Increased willingness to embrace the benefits of a diverse campus, school or community
- Differences between us are what make us unique and stand out

The Invincible Cancer Patient: Rethinking How to Care For and Support Those Who Are Ill

Audience: Caregivers, Nurses and Nursing Students, Medical Professionals

Benjamin survived cancer by believing he was invincible. This disassociated him from the cancer community (and reality!). With humor, Benjamin candidly shares his incredibly unique point of view as a former adolescent cancer patient. Patients’ needs and desires for support may greatly differ, despite how similar they and their illnesses may be.

Learning outcomes:

- Understand that patient perspectives fall on a huge spectrum
- Willingness to view the patient singularly in order to achieve excellence in care
- Relating to patients makes a difference in their and their families’ lives

Rules to Live By: From Slaying Cancer to Slaying Sales Targets, the Secret is Discipline

Audience: Professional Organizations, Company Meetings

Don’t show pain or fear, don’t cry, survive: these are some of Benjamin’s rules through his adolescent cancers. They’ll forever stay with him, now tweaked to thrive. With funny stories about his quirky life efficiencies, Benjamin tells how others can use his rules to achieve goals.

Learning outcomes:

- Despite the world’s distractions and options, you *can* take control of the things that matter
- A disciplined approach to your career/sales/customer service leads to success and reward
- Treasure your most important resource: time

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