



ABOUT MICHAEL

At just eighteen years old, Michael Caprio was diagnosed with Familial Adenomatous Polyposis (FAP) — a rare genetic form of colorectal cancer affecting fewer than 0.5% of all colorectal cancer patients in the United States. After enduring two life-saving surgeries, Michael made a full recovery and transformed his experience into a mission: raising awareness for rare colorectal cancers and the mental health challenges that accompany serious illness.

Today Michael is a published author, patient advocate, and emerging voice in the resilience and gratitude space — appearing on podcasts, in media, and at events to share the story of how he navigated life's hardest detours and found his way to gratitude.

THE BOOK

"*A Bump in the Road*" is a raw, honest memoir about facing a life-threatening diagnosis as a teenager, surviving multiple surgeries, and rebuilding — physically and mentally. Michael's story speaks to cancer patients and survivors, caregivers, mental health advocates, and anyone who has ever had to fight their way back from rock bottom.

"Caprio gracefully unravels his personal pathways to resilience, persistence, and how to live — a reminder we all need time and time again."

— Taylor Kickbush, Author of *Endless in August*

SUGGESTED INTERVIEW TOPICS

✓ Diagnosed at 18 with a cancer most doctors miss

What it's like to receive a life-altering diagnosis as a teenager — and how Michael processed it.

✓ The mental health side of illness no one talks about

How anxiety, identity loss, and fear of the future are as real as the physical symptoms.

✓ How gratitude saved his life

The mindset shift that turned a devastating medical journey into a path of purpose.

✓ Navigating life with a rare disease

Living with FAP, ongoing monitoring, and becoming an advocate for others with the condition.

✓ Young adults and colorectal cancer — the silent epidemic

Why younger generations are increasingly diagnosed and why awareness is urgently needed.

✓ Building resilience after trauma

Practical lessons from surviving two major surgeries and the long road to recovery.

✓ From patient to published author

The journey of writing a memoir as a form of healing — and to help others feel less alone.

MEDIA APPEARANCES

Think Unbroken Podcast <i>Episode 276 — Surviving Near Death</i>	Label Free Podcast <i>Full memoir interview</i>
FDN Health Detective Podcast <i>YouTube feature</i>	Todd Inspires Beliefcast <i>Episode 355</i>
Authority Magazine <i>"Unstoppable: How Michael Caprio Has Redefined Success"</i>	FAP Awareness Week 2024 <i>Patient advocate panel discussion</i>

BOOK MICHAEL

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