

Kim Harms – *Life Reconstructed*

515-537-5365

kimharms@rocketmail.com

804 Timberlane, Huxley Iowa 50124

Blog - kimharms.net

Twitter - [@kimharmsboymom](https://twitter.com/kimharmsboymom)

Facebook - facebook.com/kimkharms

Breast Reconstruction Speaking Topics

Breast Reconstruction: To Do It or Not to Do It

The decision between going through breast reconstruction and going flat is a personal one. There is no wrong answer, but that doesn't mean it's an easy choice to make. Combining input from a number of women she has interviewed and her personal experience, Harms lays out a variety of options and possible pros and cons of each.

Breast Reconstruction: It's Hard for Him Too

We women endure so much emotionally, physically and spiritually through the reconstruction process that it is easy to think only of ourselves. (Hey, we are the key player in this game, it's fitting that we focus on our needs and well-being). But the reality is that this process is also very hard on the men who love us, and we face challenges navigating through this process together.

Harms shares her story of a heartbreaking misunderstanding she and her husband had during her reconstruction process and shares input from other couples as well. In addition she gives pointers to help keep the lines of communication open and the love strong during this challenging time.

**Harms is also happy to speak on requested topics relating to reconstruction.*

Kim Harms has a degree in English: Literary Studies with a journalism emphasis from Iowa State University. She has nearly two decades of experience in newspaper, magazine and devotional writing.

Harms is a contributor to *CT Women* and was previously a regular contributor to *Today's Christian Woman*, under the umbrella of *Christianity Today*. One of her pieces was included in *Today's Christian Woman's* Top 10 Parenting Articles for 2015 and another was named a favorite article by the editors and staff.

A breast cancer/reconstruction survivor, Harms' first-hand knowledge of her subject allows her to connect with other women who are experiencing all of the physical, emotional and relational challenges that breast reconstruction brings.



ENDORSEMENTS

What I love about Kim's writing is she is able to bring rich insights into the context of everyday life—all with a tone that is warm, personable, and inviting, connecting with readers almost as if they are her friends. Kim naturally integrates practical tips and creative ideas into her discussion of various topics, helping readers simultaneously go “deep” into the topic at hand while also providing them concrete ways to apply the ideas into their daily lives. Able to navigate both fun, light-hearted topics as well as serious or even painful subjects, Kim Harms is a versatile writer whose tone and approach resonate with female readers. **Kelli Trujillo**, Editor *CT Women and Special Projects*, *Christianity Today*

Concise. Touching. Impactful. These are all words that describe the work of Kim Harms. Her writing spans a wide spectrum bringing a deep and touching relationship between herself and her readers. - **Cindy Spoles**, author *Mery's Rain*, Managing Editor *SonRise Devotionals and Straight Street Books*