



زين

حكاية عتمة ونور



رضوى موسى - يوسف



الدار المصرية اللبنانية

▪ ***BOOK REVIEW***

“Zein: A Tale of Darkness & Light “

Review by: Hoda Zaki

“Zein: A Tale of Darkness & Light “ an intriguing title of a true life experience of a mother who was suddenly faced with the devastating fact that her child , aged 5 , diagnosed with stage 4 neuroblastoma .The narrator , who is the Mother , describes how she turned pain into power. The book makes a vivid description of her pain, anger and hope for cure.

Interestingly, Radwa Moussa , who lives in the USA with her husband and three children (Zein, Malak and Aya) includes Zein’s feeling and most importantly his positive attitude and understanding throughout the book which I believe is a beacon of light to many who deal with stressful moments , not only the ones affected by cancer.

Because the book is written by the mother , every description and context is so real and can be visualized by the reader , she does not hide any anger or even moments of despair and the verge of losing faith is so well handled in words and force.

Radwa Moussa, in her book uncovers the stigma of seeking psychological help and how important it is for families of patients with chronic life threatening disease. It also describes the importance of communicating pain and anger as well as questions of despair.

Description of moments of happiness when positive outcomes of Zeins’ condition and the charging of all internal and external powers in herself , Zein ,his sister and father to overcome pain of relapse is so explicit Zein had three relapse of the disease , yet went to school , sat for exams and participated in school activities . All brought about by his supporting family, particularly his mother.

The courage of recalling hope and believe in the powers of faith is very well described. The book gives details of treatment yet one does not feel the need to have any medical orientation it speaks to everyone and anyone.

“Zein: A Tale of Darkness & Light “is published in both Arabic and English both editions are very powerful in impact on the reader of its truth and vivid description of the family’s’ experience. The narrator eloquently describes her experience with paragraphs of her thoughts and despair not hiding any feelings of “why me” or “why my son “ or paragraphs that you almost can hear in your ears after a relapse of the “Again , we will start the horror....”

“This traumatic experience or experiences if I may say completely changed me! If I thought I was a strong woman before, this took strength and independence to a whole different level!

Thus, I felt the social responsibility to share the message with the world.”

Radwa Moussa. (The women of Egypt Magazines interview)

The book vividly reflects the importance of care giver's support , it does seem ironic that whilst the Nursing education includes a department that is concerned with the community and its needs , the activity of Home Health Care is yet undermined .

The Family takes on the health care responsibilities, not because they do not need the service, but the service is not provided in an organized way as it is in Western Societies. The narrator because of her education and resilience managed to get through this ordeal, - although with a lot of pain - that is not normally the case in all circumstances. I recommend the book to be visited by as many as possible , particularly those in the health field, nurses in particular as it sheds light on how much we can make a difference in people' lives using our skills and knowledge.

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EJNHS. Chair of board