

"*Stay Gold* pays tribute to our capacity, underused by most of us, to live full lives by being there for others."

Cherian George,
author of *Singapore, Incomplete*

What does it mean to be almost healthy?

For Daniel Selvakumar, it was being born with a heart defect that offered a slim chance of surviving past childhood. At 14 months old, he underwent the first of three open-heart surgeries.

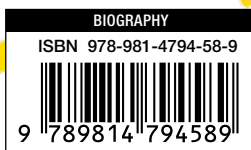
Grappling with his own mortality, Daniel accepted the big and small gifts of life – a close-knit family, lasting friendships, a business launched, a first love. In his own way, he sought to leave the world a bit better, whether by helping a friend struggling with drug addiction, coaching teenagers or brightening the lives of nurses and fellow hospital patients in his last days.

Daniel's heart was deformed by its defect as much as it was enlarged by love. He used it to make each of his 25 years count, and for the brief season that he was alive, left his mark on the hearts of friends, family and strangers, changing them forever. In one of Daniel's final postings on social media, he outlines his approach for a life well lived – *Live full, love hard, be grateful and own that shit.*

Eloquent, heartrending and pensive, *Stay Gold* is a glowing tapestry of a memoir told through the interwoven perspectives of Daniel, his parents and the people he loved. Poised between past and present with a gaze at the future never to be, Daniel's story asks how an almost healthy boy can find his place in a mostly healthy world, and how a single life can be meaningful when time is running out.

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Clara Lock

Stay Gold

For Review only

Stay Gold

An Almost
Healthy Boy
in a
Mostly Healthy
World

Clara Lock

"This excellent book will keep you engaged, emotional and exhilarated. Keep the Kleenex near."

Peh Shing Huei, Singapore Literature Prize-winning
author of *When the Party Ends*

For Review only

"This is a love story whose basic ingredients spell tragedy. Girl meets boy, boy dies before his 25th birthday. But this was no ordinary guy. Daniel's defective, failing heart is matched by an instinct to lift others with his positive spirit. It could be worse, Daniel tells his mother when they hear he only has a few more months to live. His mother is incredulous: What could be worse? 'To go through it alone, without the support of family and friends,' he replies. Clara Lock's beautifully written paean to her late friend pays tribute to our capacity, underused by most of us, to live full lives by being there for others."

– Cherian George, Professor, Hong Kong Baptist University
and author of *Singapore, Incomplete*

"Midway through this excellent book, I had to put it down, compose myself for days, before I found the strength to continue. Clara Lock's vivid and authentic writing brought me to tears on numerous occasions. Yet the optimism of the protagonist gave the narrative an uplifting arc, offering hope and belief when none seemed possible. *Stay Gold* is a touching story which will keep you engaged, emotional and exhilarated. Keep the Kleenex near."

– Peh Shing Huei, Singapore Literature Prize-winning
author of *When the Party Ends*

"Every so often, a book comes along that gives us strength, that inspires us, that reminds us of how lucky we are to be given the gift of life and the tremendous good we can do with the limited time we have. Daniel's story teaches us just that. It is a must-read book to nourish your soul and inspire your heart."

– Adam Khoo,
bestselling author of *I Am Gifted, So Are You!*

For Review only

"Ill, but not ill. Believing, while not believing. Touching, though detached. That's how the living faces the thought of dying. When Daniel was born, doctors said he would not live long. He thought he would not fall in love. But he did fall in love, and lived beyond his allotted time. He lived two weeks short of just one more precious, precarious year. In her ode to Daniel, a love that might have been, Clara Lock is evasive and therefore most revealing."

– Margaret Chan, Associate Professor,
Singapore Management University

"This book is all heart. It tells of an extraordinary individual determined to embrace life in abundance, beyond physical limitations. Narrated in a voice that is refreshingly personal and compelling, the story drew me in with each carefully chosen and placed word. A heart-warming and timely read to urge us to value people without qualifiers."

– Monica Lim,
author of *The Good, the Bad and the PSLE*

"A beautiful story about an amazing young man who was born with a medically imperfect heart, yet lived life more wholeheartedly than most. Clara weaves together an emotionally powerful narrative with an important lesson: Live every day fully."

– Gaurav Keerthi,
author of *Think, Speak, Win*

Stay Gold

An Almost
Healthy Boy
in a
Mostly Healthy
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About the Author

Clara Lock is a writer by profession and storyteller at heart. She was formerly editor of the Singapore Navy magazine, where she spent many happy days at sea.

She writes about life and travel at www.claralock.com.