

Five Lessons I Learned From Breast Cancer (And One Big One I Didn't)

By [Author's Name]



Five Lessons I Didn't Learn From Breast Cancer (and One Big One I Did) by Shelley Lewis

★★★★☆ 4.1 out of 5

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In October 2017, I was diagnosed with breast cancer. I was 35 years old, a wife, a mother of two young children, and a successful career woman. My world was turned upside down.

The next few months were a blur of doctor's appointments, surgeries, chemotherapy, and radiation. I was scared, angry, and uncertain about the future. But I was also determined to fight.

Through it all, I learned a lot about myself, about life, and about the importance of hope. Here are five lessons I learned from breast cancer:

1. You are stronger than you think.

Cancer is a tough battle, but it is one that you can win. I never thought I was strong, but I found strength I never knew I had. I learned to push myself through pain and fear, and to never give up.

2. You are not alone.

There are so many people who care about you and want to help. My family and friends were there for me every step of the way, and I also found support from other cancer survivors. Knowing that I was not alone gave me the strength to keep going.

3. It's okay to ask for help.

I'm a very independent person, but I learned that it's okay to ask for help when you need it. There were times when I was too sick to cook or clean, and I was grateful for the help of my family and friends.

4. Life is precious.

Cancer made me realize how precious life is. I don't take anything for granted anymore. I cherish every moment with my family and friends, and I try to live each day to the fullest.

5. Hope is everything.

Hope is what got me through the darkest days. I knew that there was a chance I might not survive, but I never gave up hope. I believed that I would beat cancer, and I did.

And here is the one big lesson I didn't learn from breast cancer:

6. Cancer doesn't define you.

I am not a cancer survivor. I am a woman who happens to have had cancer. Cancer is a part of my story, but it does not define me. I am a wife, a mother, a friend, a daughter, and a sister. I am a strong, independent woman who has overcome a challenge.

If you are facing breast cancer, I want you to know that there is hope. You can beat this. You are stronger than you think, and you are not alone.

My book, *Five Lessons I Learned From Breast Cancer (And One Big One I Didn't)*, is a memoir about my journey with breast cancer. I share my story in the hope that it will inspire others who are facing this disease.

Thank you for reading.



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