

I was diagnosed with breast cancer at age 43. Much earlier than I had expected. You see it really didn't surprise me because of a startling family history. When hit with the news I did what I had to do to keep life "normal" for my kids while juggling doctors appointments and getting ready for Christmas which was just weeks away. After much soul searching I decided to have immediate reconstruction after my mastectomy ... a grueling 9 hour TRAM flap procedure but so worth it! I also had 4 rounds of chemotherapy and a year's worth of Herceptin treatments.

The girls from Linked By Pink (especially Norma and Heather) were my supporters, my lifeline, my sounding board and now are my "sisters!" I needed them in my most darkest times and they all were there to help and lean on. To this day some of my dearest friends are the ones I found from this group. We are all part of a club we didn't want to join but at least we received the gift of companionship and total understanding from this wonderful group called Linked By Pink. I am so lucky to have them in my life.

Now almost 7 years later I look back and wonder how I did it! The saying about finding your inner strength when you have to is so true! What I take away from my cancer journey is a new found confidence in the human spirit. I will always remember the countless acts of kindness and generosity no matter how big or small they were. I could not have gotten through without them! I still try my hardest to pay it forward each and every day. Everyone deserves to feel good and if I can lift someone's spirit I will do my part as thanks for letting me experience each new day with a smile on my face and hope for the future in my heart.

My two favorite quotes..... Love life Be Brave! and She believed she could so she did!(how fitting)