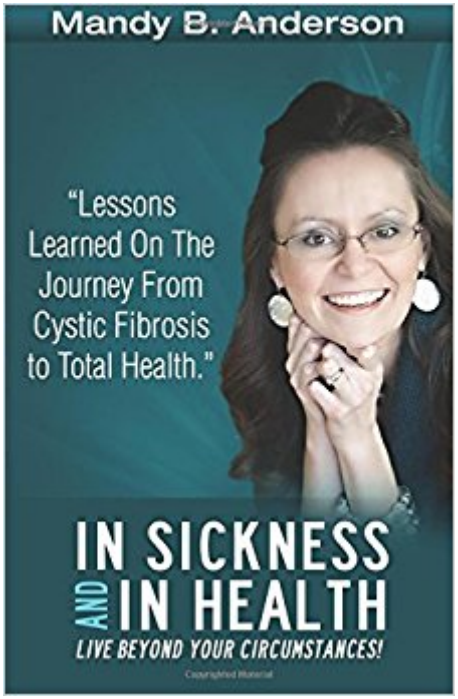
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In Sickness And In Health: Lessons Learned On The Journey From Cystic Fibrosis To Total Health



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Synopsis

If you or a loved one has lived with a life threatening disease, you may have noticed over time life becomes defined by that disease, leaving in its wake broken dreams, a passion for living, and worst of all, hope. Mandy lets you peek into her mind as she takes you on her journey to true wholeness. A mind filled with conflict, of a girl not expected to live past ten years old, but with dreams so much bigger. She gives insight, wisdom, and tools learned from her own overcoming to help you live your life and your destiny, despite what your circumstances look like. Discover: - The key to conquering fear - Simple steps to break free for a life without limits - Choices you can make to live vibrantly - How to step into your destinyÃ¢â ¬â •despite your circumstances - Strategies for health and wellness Here's what Readers are saying: Ã¢â ¬Å“A must read if you want to break free and live your destiny.Ã¢â ¬Â• - Joy Ã¢â ¬Å“Mandy, I had a huge lightbulb go off as I was reading this. Thank you for being such a powerful example for the rest of us.Ã¢â ¬Â• - Victoria Ã¢â ¬Å“This is a very powerful message that spoke to my heart. Thank you.Ã¢â ¬Â• - Crystal Ã¢â ¬Å“Ã¢â ¬Â¦as a mom of three children with CF, I found your words to be inspiring and comfortingÃ¢â ¬Â• - Amy Mandy B. Anderson dreamed of becoming a professional singer, despite being born with cystic fibrosis (CF), a disease that severely limited the very breath she needed to sing. Overcoming statistics of an early death, a fire that destroyed her and her husband NateÃ¢â ¬â„¢s home, and the limits of her own mind, Mandy has become a sought after inspirational speaker, coach, author and singer who has written and produced multiple songs. She currently resides in North Dakota with her husband, Nate and their dog, Ajah.

Book Information

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Transformation

Customer Reviews

Mandy B. Anderson dreamed of becoming a professional singer, despite being born with cystic fibrosis (CF), a disease that severely limited the very breath she needed to sing. Overcoming statistics of an early death, a fire that destroyed her and her husband NateÃ¢â ¬â„¢s home, and the limits of her own mind, Mandy has become a sought after inspirational speaker, coach, author and singer who has written and produced multiple songs. She currently resides in North Dakota with her husband, Nate and their dog, Ajah.

I really enjoyed reading this book (having Cystic Fibrosis myself). It is very well written and I think that every CF clinic should recommend (or even better, give a copy) this book to their CF patients. What I love most about the book is that she points out the obstacles of living with CF from her own life experiences and the helpful advice that she gives the reader. It's a very uplifting and motivational book that anyone can relate to, whether they have CF or not.

I needed the pick me up. This was quite inspirational and revived me in a time when it was just hard to adjust to CF in adulthood looking forward.

As a person who was born with a congenital heart defect, I could totally relate to Mandy's personal story on so many levels. Although we had different diagnoses, the struggles were similar including fear of a shorter life expectancy and enduring well-meaning people saying insensitive things. But not only was this book helpful to me as a child growing up with sickness, it was helpful also because I have a daughter with special needs. Mandy gears her book towards people who have chronic illness and also parents of chronically ill children and she speaks well to both audiences. She also gives great insight on how to live as an overcomer despite the circumstances and obstacles that try to prevent you from living your God-ordained destiny. Even if you are not trying to attain health and wholeness, this book will be sure to help you in many areas of your life. I was truly inspired and encouraged and highly recommend this book.

I was blessed to meet Mandy at She Speaks 2013 and when I discovered that we had CF in common, I couldn't wait to read her book. CF has been a part of my life for 47 years as my little sister suffers from the disease. I hoped the book would give me insight into her feelings as she has

coped with a life-threatening illness, and Mandy didn't disappoint me. I was surprised though to find that I learned many things from Mandy's journey that will help improve my own life as well. I am inspired by her suggestions to live my own life in a more intentional, eyes-wide-open way. Read this book no matter what your life's circumstances-you won't be disappointed!

This book is an absolutely awesome read. Mandy Anderson gives words of encouragement and an insight into her own life and struggles and how she overcame them. I highly recommend this book.

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