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# Breathing Bravely: Giving Voice To Cystic Fibrosis




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## Synopsis

All proceeds to benefit the nonprofit organization Breathe Bravely. Breathing Bravely: Giving Voice to Cystic Fibrosis is the passionate story of Ashley Ballou-Bonnema and her journey through the seasons of Cystic Fibrosis. Within a single cycle of seasons, AshleyÃ¢â ¬â„¢s journey and experience are witness to lifeÃ¢â ¬â„¢s joys and heartaches while breathlessly rooted in gratitude. From the grip of WinterÃ¢â ¬â„¢s harsh wrath to the abundant life filled blossoms of the Spring, AshleyÃ¢â ¬â„¢s perseverance, voice, and vulnerability resonate deeply within each of our own journeys.

## Book Information

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## Customer Reviews

Ashley Ballou-Bonnema, a 28-year-old musician, teacher, blog writer, wife, and seeker of adventure strives to get the most out of a life living with Cystic Fibrosis. She is the founder of Breathe Bravely, a nonprofit organization dedicated to giving voice to Cystic Fibrosis and the author of the popular blog, Breathe Bravely.

Great read - very inspirational. A true example of fully living in each moment, not just going through the motions. Love it.

An astonishing witness to life - even if you don't have a life-threatening illness, you will be healed fading this book

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