

Sample Quotes

from *UPLIFT: Secrets of the Sisterhood of Breast Cancer Survivors*

“The morning I awoke from surgery, I knew no one who had ever had breast cancer. But by mid-morning, friends who’d had it began coming out of the woodwork! I was amazed. And appalled that no one had told me that women could actually live!”

JV, TX

“Think positive. Chemo is something they do FOR you, not TO you. You are the aggressor. When you really feel lousy, you know that the weapon is doing a good job of attacking the enemy.”

PB, MA

“When I was first diagnosed, I knew pretty much nothing about breast cancer – except that I didn’t want it! By learning everything I could, I started to calm down, sort things out, and actively make decisions. Knowledge is power. It definitely makes you feel a little bit more in control of your life.”

Deborah Lambert

“From the beginning, set your mind on one thought: I will beat this. It will not beat me.”

Susan Schultz

I had feared how my husband would accept my disfigurement. I should have known better, as he loved me, not only my breast. He was my rock. He never let me think about losing a breast, just about beating the odds.”

Jacqueline Durant

“Neither my husband nor I miss my breasts. We considered it a good trade for survival and peace of mind.”

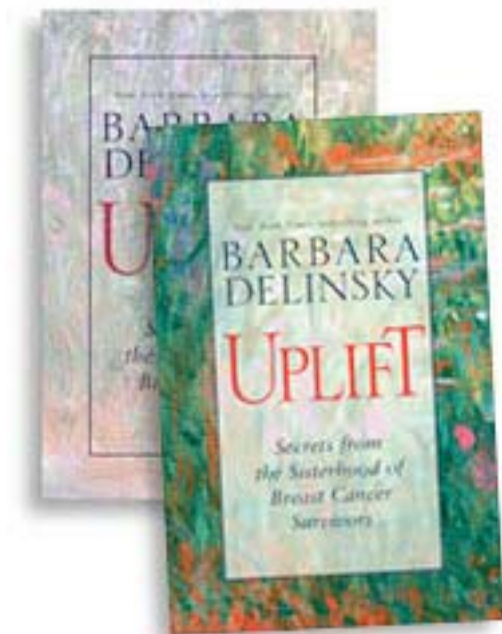
Wanda Null

“The upside to having reconstructive surgery is that your breast will never sag!”

Debby Whittet

“The very best thing about losing my hair during chemotherapy was the realization that I could become a blonde, redhead, or brunette by purchasing wigs from a catalogue. This pleased me, since my natural brown color was never to my liking. Also, with a wig, my ‘hair’ was always ready to go, so turning down an invitation was not an option. Getting out of the house was important.”

Jean La Frombois



“Buy your wig while you still have your own hair. When your hair starts to go, cut it, then shave your head. It makes you feel empowered.”

Susan Rothstein

“My advice? Do not sit back feeling sorry for yourself. Take one day at a time, and do all you can to live as normally as possible. For me, that meant looking my best every day. I wore a nice wig, and made sure that my makeup was on the minute I was out of the shower. I felt very special when I did this.”

Carol Downer

“A friend gave me a ‘grateful journal’ to write down my thoughts. I began to write three things I was grateful for each night. I would drift off to sleep thinking of those things, rather than of the fear that I felt.”

Cheryl Cavallo

I was forced to live moment by moment instead of one day at a time. But those moments kept coming and gradually, like a thousand dazzling lights slow-dancing toward me, I saw that life does go on for cancer patients.”

Sallie Burdine

“I was the only person who could take control of my life. I knew that I was not ready to go anywhere, since I wanted to see my grandchildren grow up. So, after the upset of learning I had cancer, I decided that my humor, my faith, and most of all my attitude would be how I could take control.”

Barbara Moro

“One of my daughters made a ‘countdown’ calendar for me starting with ‘6’ and going down to ‘0.’ I thumbtacked it to my bathroom door, and, after each chemo treatment, tore off a page. What a sense of triumph it was to tear off those pages one at a time until finally reaching the last one.”

Faye Hardiman

“Surround yourself with good people and let them do things for you. My neighbor came over to sit with me one day after surgery and was so insistent upon helping around the house that she washed an entire basket of clean clothes. We still laugh about that today.”

Jennifer Wersal

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The Barbara Delinsky Charitable Foundation for Breast Cancer Research was established to distribute the author royalties from ***UPLIFT: Secrets from the Sisterhood of Breast Cancer Survivors***. The foundation’s gifts, totalling more than \$150,000, have been instrumental in the establishment of a one-year fellowship at Massachusetts General Hospital that offers a surgical oncologist an additional year of training focused on innovative breast cancer treatments and research. The fellowship is now in its third year.

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