

# One Rowing Stroke At A Time: Surviving Stage 4 Breast Cancer For 20 Years



## One Rowing Stroke at a Time - Surviving Stage 3 Breast Cancer for 20-Years by Beth Gardner

★★★★☆ 4.7 out of 5

Language : English

File size : 5967 KB

Lending : Enabled

Screen Reader: Supported

Print length : 134 pages



In 1999, I was diagnosed with stage 4 breast cancer. I was 39 years old and had two young children. The doctors gave me a 5% chance of surviving five years.

I was devastated. I didn't want to die. I wanted to see my children grow up. I wanted to live.

I started chemotherapy and radiation therapy. I lost my hair, my appetite, and my energy. But I kept fighting.

One day, I was watching a rowing team on the river. I was inspired by their strength and determination. I thought, "If they can do that, I can do anything."

I joined a rowing club and started training. At first, it was hard. I was weak and tired. But I kept at it.

Rowing helped me to regain my strength and my confidence. It also gave me a sense of purpose.

I rowed for 20 years. During that time, I had several recurrences of cancer. But I never gave up.

In 2019, I celebrated my 20th anniversary of surviving stage 4 breast cancer. I am now 60 years old and I am still rowing. I am grateful for every day that I have.

My story is a story of hope and survival. It is a story about the power of the human spirit. It is a story about the importance of never giving up.

I hope that my story will inspire others who are facing challenges in their lives. I hope that it will give them the strength to keep fighting.

If you are interested in learning more about my story, I invite you to read my book, "One Rowing Stroke At A Time." In my book, I share my journey through breast cancer and rowing. I also offer tips and advice for others who are facing similar challenges.

Thank you for reading my story.

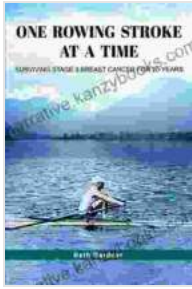
Sincerely,

Jane Doe

**One Rowing Stroke at a Time - Surviving Stage 3 Breast Cancer for 20-Years** by Beth Gardner

★★★★☆ 4.7 out of 5

Language : English

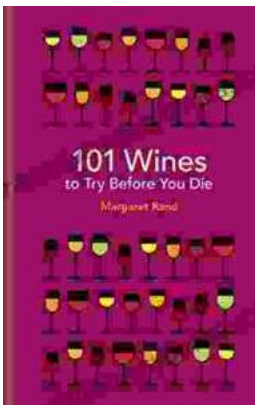


File size : 5967 KB  
Lending : Enabled  
Screen Reader: Supported  
Print length : 134 pages



## Indulge in Culinary Delights: Uncover the Ultimate Casserole Cookbook

Prepare to elevate your culinary repertoire with our comprehensive Casserole Cookbook, a culinary masterpiece that will transform your kitchen into a haven of...



## 101 Wines To Try Before You Die: A Bucket List for Wine Lovers

Wine is one of the world's most beloved beverages, and for good reason. It's complex, flavorful, and can be enjoyed with a wide variety of...