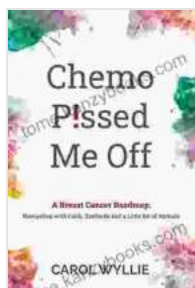


# Chemo Ssed Me Off: A Cancer Survivor's Journey of Healing and Empowerment

By Julie Cerra

In 2016, I was diagnosed with breast cancer. I was 42 years old, a wife, and a mother of two young children. My world was turned upside down.



## Chemo P!ssed Me Off: A Breast Cancer Roadmap: Navigating with Faith, Gratitude, and a Little Bit of Attitude by Dawn Burstall

★★★★☆ 4.9 out of 5

Language : English  
File size : 2601 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 197 pages  
Lending : Enabled



I underwent a lumpectomy, chemotherapy, and radiation therapy. The treatment was grueling, both physically and emotionally. I lost my hair, my energy, and my sense of self.

But I also found strength and resilience that I never knew I had. I learned to lean on my family and friends, and I discovered a newfound appreciation for life.

Chemo Ssed Me Off is my story of survival. It is a raw and honest account of my journey through breast cancer treatment. I share my experiences with candor and humor, offering a unique perspective on the physical, emotional, and spiritual challenges of cancer.

I wrote this book to help others who are facing cancer. I want them to know that they are not alone, and that it is possible to find hope and healing even in the darkest of times.



## **Chapter 1: The Diagnosis**

I found a lump in my breast in the shower one morning. I was immediately scared, but I tried to stay calm. I made an appointment with my doctor, and a few days later I had a mammogram and an ultrasound.

The results came back positive for cancer. I was in shock. I couldn't believe that I had cancer. I was only 42 years old.

My doctor recommended that I have a lumpectomy, followed by chemotherapy and radiation therapy. I was terrified, but I knew that I had to do whatever it took to get rid of the cancer.



## **Chapter 2: The Treatment**

The lumpectomy was a success, and I started chemotherapy a few weeks later. I had six rounds of chemo, every three weeks.

Chemo was hard. I lost my hair, my energy, and my appetite. I was constantly nauseous and vomiting. I couldn't work or take care of my

children.

But I was determined to fight the cancer. I leaned on my family and friends for support, and I found strength in my faith.

After chemo, I had radiation therapy. Radiation was less physically demanding than chemo, but it was still tiring.

I finished radiation in December 2016, and I have been cancer-free ever since.



### **Chapter 3: The Healing**

After cancer treatment, I had to learn how to heal both physically and emotionally.

Physically, I had to rebuild my strength and energy. I started exercising and eating healthy foods.

Emotionally, I had to process the trauma of cancer. I talked to a therapist, and I joined a support group.

Healing from cancer is an ongoing process. But I am grateful to be alive, and I am determined to live my life to the fullest.



### **Chapter 4: The Empowerment**

Cancer has changed me in many ways. I am more grateful for life, and I am more determined to make a difference in the world.

I am now a cancer advocate. I speak out about the importance of early detection and I raise money for cancer research.

I am also a mentor to other cancer survivors. I share my story to help them find hope and healing.

Cancer has given me a new purpose in life. I am now more empowered than ever before, and I am determined to make a positive impact on the world.



Chemo Ssed Me Off is a story of hope, healing, and empowerment. It is a reminder that even in the darkest of times, there is always light.

I hope that my story will inspire others who are facing cancer. I want them to know that they are not alone, and that it is possible to find hope and healing even in the darkest of times.

Thank you for reading my story.



### **About the Author**

Julie Cerra is a breast cancer survivor, advocate, and author. She lives in New Jersey with her husband and two children.

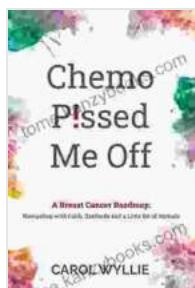


**Free Download Your Copy Today!**

Chemo Ssed Me Off is available in paperback, hardcover, and ebook formats. Free Download your copy today and start your journey of healing and empowerment.

Buy on Our Book Library

Buy on Barnes & Noble



## Chemo P!ssed Me Off: A Breast Cancer Roadmap: Navigating with Faith, Gratitude, and a Little Bit of Attitude

by Dawn Burstall

★★★★☆ 4.9 out of 5

Language : English  
File size : 2601 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 197 pages  
Lending : Enabled



## The Ultimate Thanksgiving Leftovers Revive Guide: Unlock a World of Culinary Delights

Thanksgiving, the season of gratitude and feasting, often leaves us with an abundance of leftovers. But instead of letting your culinary...



## The Canyoneer Trail Guide To San Diego Outdoors

Are you ready to embark on an unforgettable adventure in the heart of Southern California? Look no further than "The Canyoneer Trail Guide To San Diego Outdoors,"...