



SIX MONTHS TO LIVE

Catherine Anello

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I decided to write "Six months to live" after a very impactful day in my life where I turned to twitter. In addition, I was faced with the looming fate of a very close family member who had been diagnosed with Hodgkin's Lymphoma Cancer and began the fight of his life to stay alive. This inspired me to seek out answers to why we lived the way we lived (mostly in a busy stressed out bubble) even when we know that at any minute life can be taken from us. Six Months to Live - Making each day matter is thought provoking and, engages readers on a level that incites them to revamp their current lifestyle with a mind set of "the only time is now." It is my goal that the book is read in a way that speaks to and wakes up the core dreams inside you and inspires you to make small simple, changes in your reactions and actions, in your daily lives. We all handle stress in different ways, but the main goal for everyone is to live stress-free and happy. It is my hope to do the same and help the thousands of people I can inspire with this book.

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