



Now Breathe: A very personal journey through breast cancer

Claudia Sternbach

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A riveting account of life, love, sex, and humor after a cancer diagnosis. After finding a lump in her breast, having it removed, and then receiving the dreaded phone call, Claudia Sternbach found that life does go on. While balancing treatment with car pools, Sternbach allows us into her home and makes us part of her family. At no time does she try to convince us that cancer is a "gift." But in this very personal journal she discovers that the gift is a life fully lived. Anyone who has faced challenges, health or otherwise, will benefit from reading this journal. Anyone who has tried to give support to a friend or family member in crisis will learn from this honestly written story of a woman whose life takes a sudden and unexpected turn. Even those simply looking for a "good read" will get caught up in Sternbach's story.

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