

Barbara Ryan

Lessons Learned Through the Breast Cancer Journey

- *Life is short, live each day to the fullest*
- *Friends are blessings*
- *Family members hurt when you hurt*
- *It takes both family and friends to get you through the journey*
- *Be kind every day of your life*
- *Perform random acts of kindness at every opportunity*
- *A smile or thank you costs you nothing, but it may be a life preserver in another's life*
- *Survivors don't have pity parties, they give back*
- *Breast Cancer does not discriminate by age, race, gender, or social standing*
- *We are in the fight of our lives, but we never fight alone*
- *Documenting the journey allows you to heal and see how far you have come*
- *A daughter-in-law can truly be a "daughter" when you need it*
- *Doctors can be your best friend or your worst enemy – your attitude determines which*
- *Let your Doctor know exactly how you want to be treated – he or she really wants to make your life easier*
- *It hurts your Doctor as well, when things do not go as expected*
- *Show compassion if you expect compassion in return*
- *Never confuse compassion with pity – compassion is positive and pity is negative*
- *You receive what you give – good and bad*
- *Find something that makes you feel valued and give it your total commitment*
- *Don't do anything halfway – if it is worth doing, it is worth doing to the best of your ability*
- *Being a FRIEND is chocolate for the soul*
- *Nothing is as fearful as that which you choose to avoid – face fear head on and stay the course*
- *There is life after Breast Cancer – it will just be different*
- *Life is the greatest gift – don't abuse it*
- *Reach out to others who are going through the same journey*
- *When all else fails, say a prayer and have a bowl of ice cream*

