



In Sickness and In Health: Lessons Learned on the Journey from Cystic Fibrosis to Total Health

Mandy B. Anderson

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If you or a loved one has lived with a life threatening disease, you may have noticed over time life becomes defined by that disease, leaving in its wake broken dreams, a passion for living, and worst of all, hope.

Mandy lets you peek into her mind as she takes you on her journey to true wholeness. A mind filled with conflict, of a girl not expected to live past ten years old, but with dreams so much bigger. She gives insight, wisdom, and tools learned from her own overcoming to help you live your life and your destiny, despite what your circumstances look like. Discover: - The key to conquering fear - Simple steps to break free for a life without limits - Choices you can make to live vibrantly - How to step into your destiny—despite your circumstances - Strategies for health and wellness Here's what Readers are saying: "A must read if you want to break free and live your destiny." - Joy "Mandy, I had a huge lightbulb go off as I was reading this. Thank you for being such a powerful example for the rest of us." - Victoria "This is a very powerful message that spoke to my heart. Thank you." - Crystal "...as a mom of three children with CF, I found your words to be inspiring and comforting" - Amy Mandy B. Anderson dreamed of becoming a professional singer, despite being born with cystic fibrosis (CF), a disease that severely limited the very breath she needed to sing.

Overcoming statistics of an early death, a fire that destroyed her and her husband Nate's home, and the limits of her own mind, Mandy has become a sought after inspirational speaker, coach, author and singer who has written and produced multiple songs. She currently resides in North Dakota with her husband, Nate and their dog, Ajah.

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James Adcock:

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Erica Northern:

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