

Adventuring Through Cancer

THRIVING

And THRIVING After!

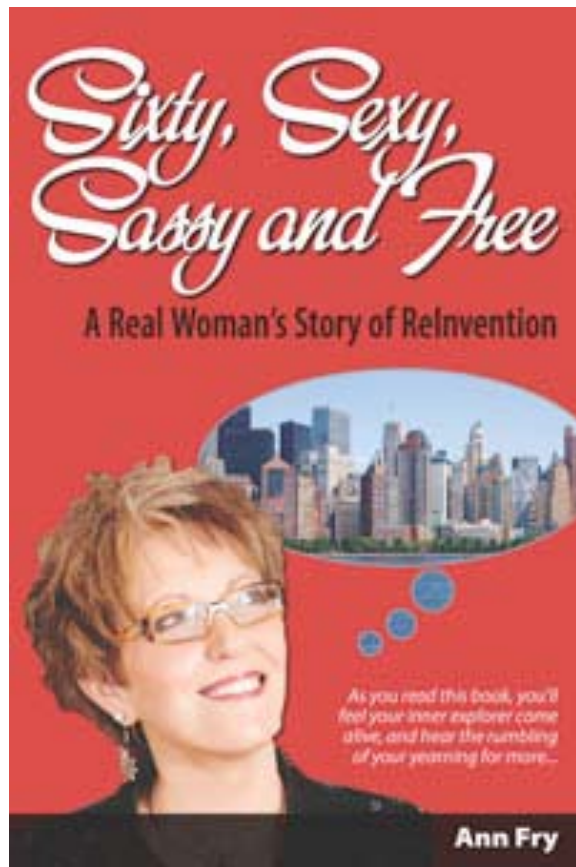
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How I Looked Before ...

- Where it all Started



Three Months Before



- The Book comes out

Be CURIOUS...



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Chemo #1

- Be okay with being a “pin cushion”
- Have your trusty mascots (and friends) nearby



Chemo #1 Aftermath

- My wonderful nursemaids



It's All About the Hair

- One of my last pictures with my “old” hair.



The Dreaded Deed

19 days later

“Be PROACTIVE --
it makes you less of a
victim”



Have **SUPPORT** .. You need it!



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A Little Humor

“Make a difficult
situation FUN --
have a sense of humor!”



The Deed is Done.



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My First Scarf Attempt



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Chemo #2



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A Bad Chemo Day

there's nothing like hanging out in pjs on a cold
Winter day!



Christmas in NY

3 days before my last chemo!



With Gabriel.... My love.

My Standard Winter Cap

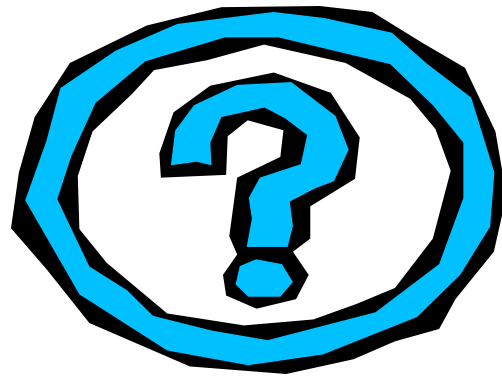


Admitting the “what’s so” and
dealing with it

ACCEPTANCE

It is what it is!

My next ReInvention Iteration??



Just STAY in the MOMENT!

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Coming Out from the dark...

- Into the Light!



January 1st, 2011



- My 65th birthday ... surrounded by my son, my friends, my sister.
- I'm 8 months out of treatment.

Final Thoughts / Tips

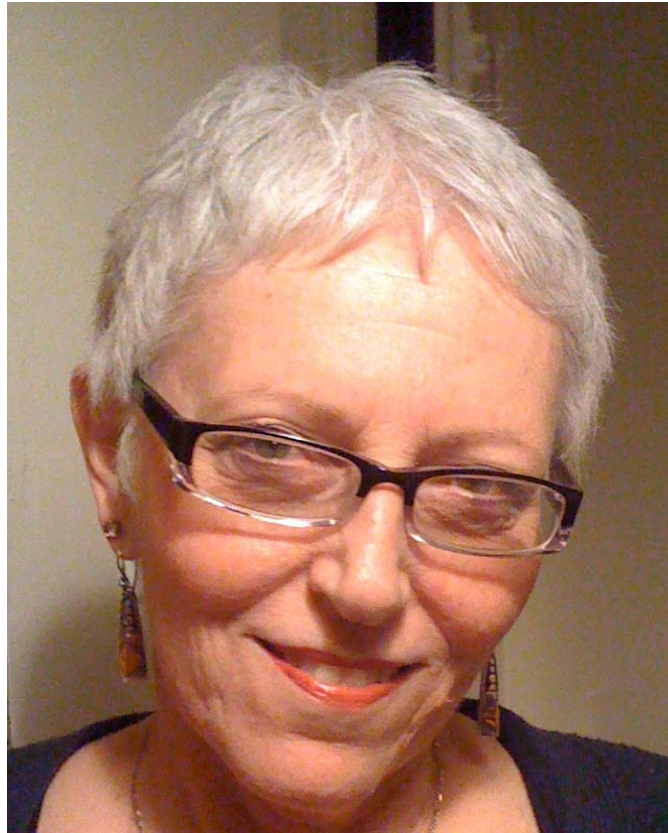
- Be honest ... completely
- Ask for and Accept Help
- Remember ... Life gets better
- Have mantras...

I can handle this!

I've had cancer ... so,....

- **LIVE A LIFE YOU LOVE ...on your terms!**

Thriving at 2 Years... the “new normal”



“You are ripping off the world if you’re not being who you are meant to be!”

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For updates and follow up:

<http://www.annfry.com/canceradventure>