

# **Living with Cancer: A Delicate Imbalance**

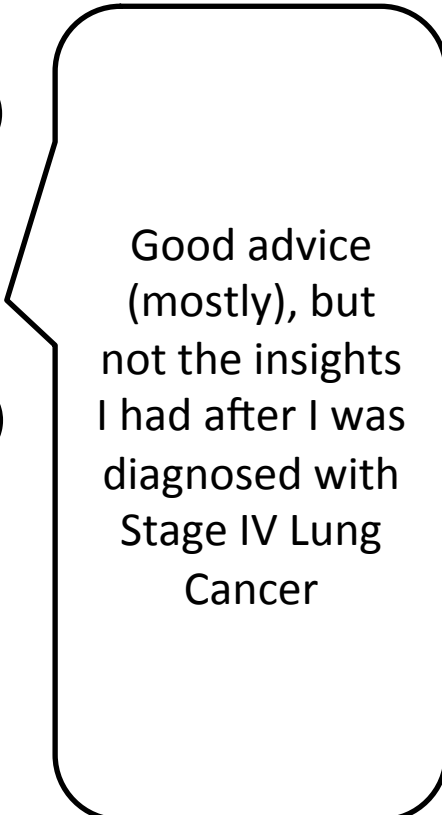


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- What other smart people have already said:
  - “There is some good that can emerge” (Stacey Kramer)
  - “It is important to be defiant” (Ananda Jayant)
  - “You must redefine and re-create ability” (Roger Ebert)
  - “You must maintain dignity” (Timothy Ihrig)
  - “You can’t let it define you” (Debra Jarvis)



Good advice (mostly), but not the insights I had after I was diagnosed with Stage IV Lung Cancer

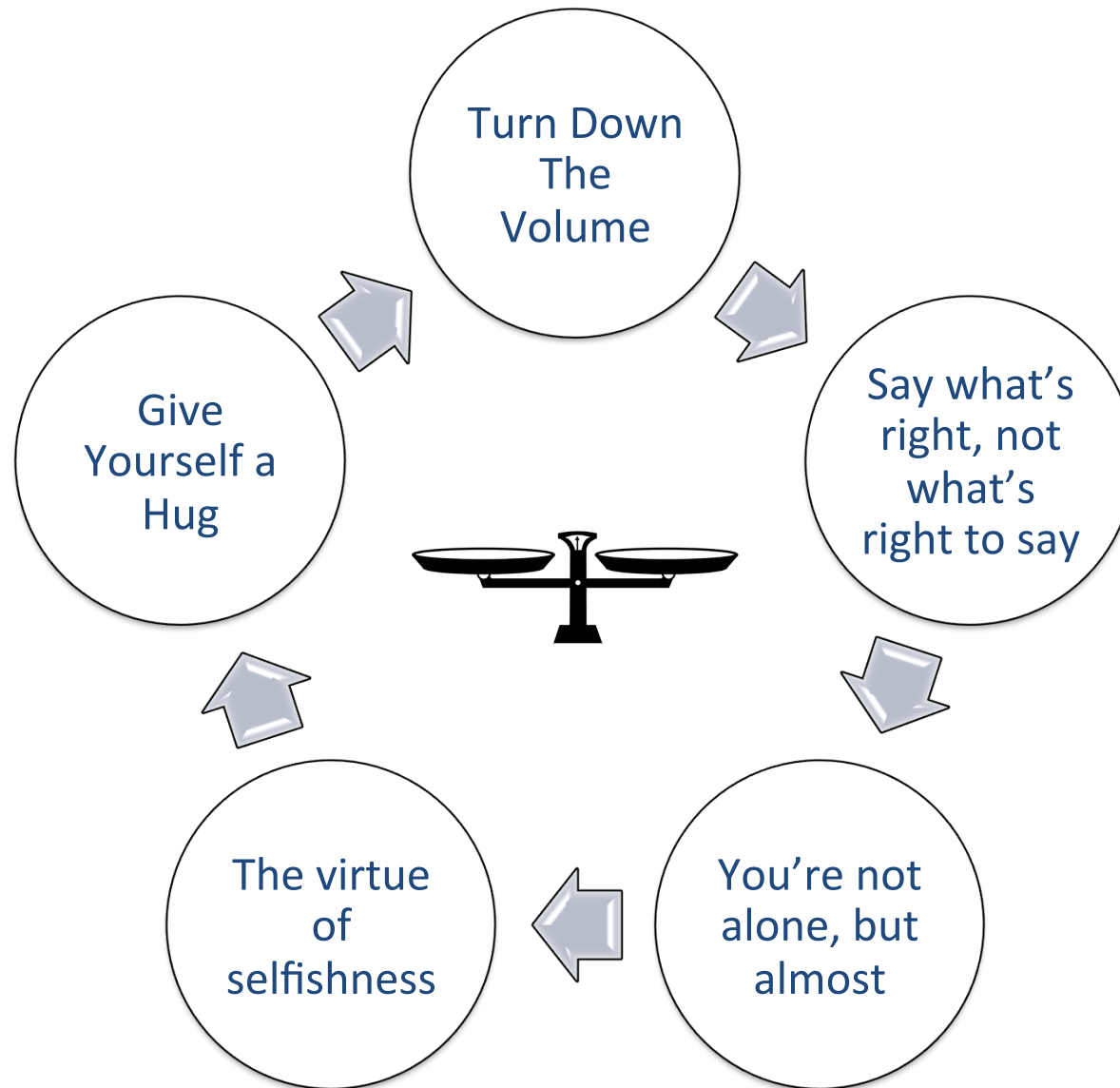
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**Beware**  
(Energy Drains)

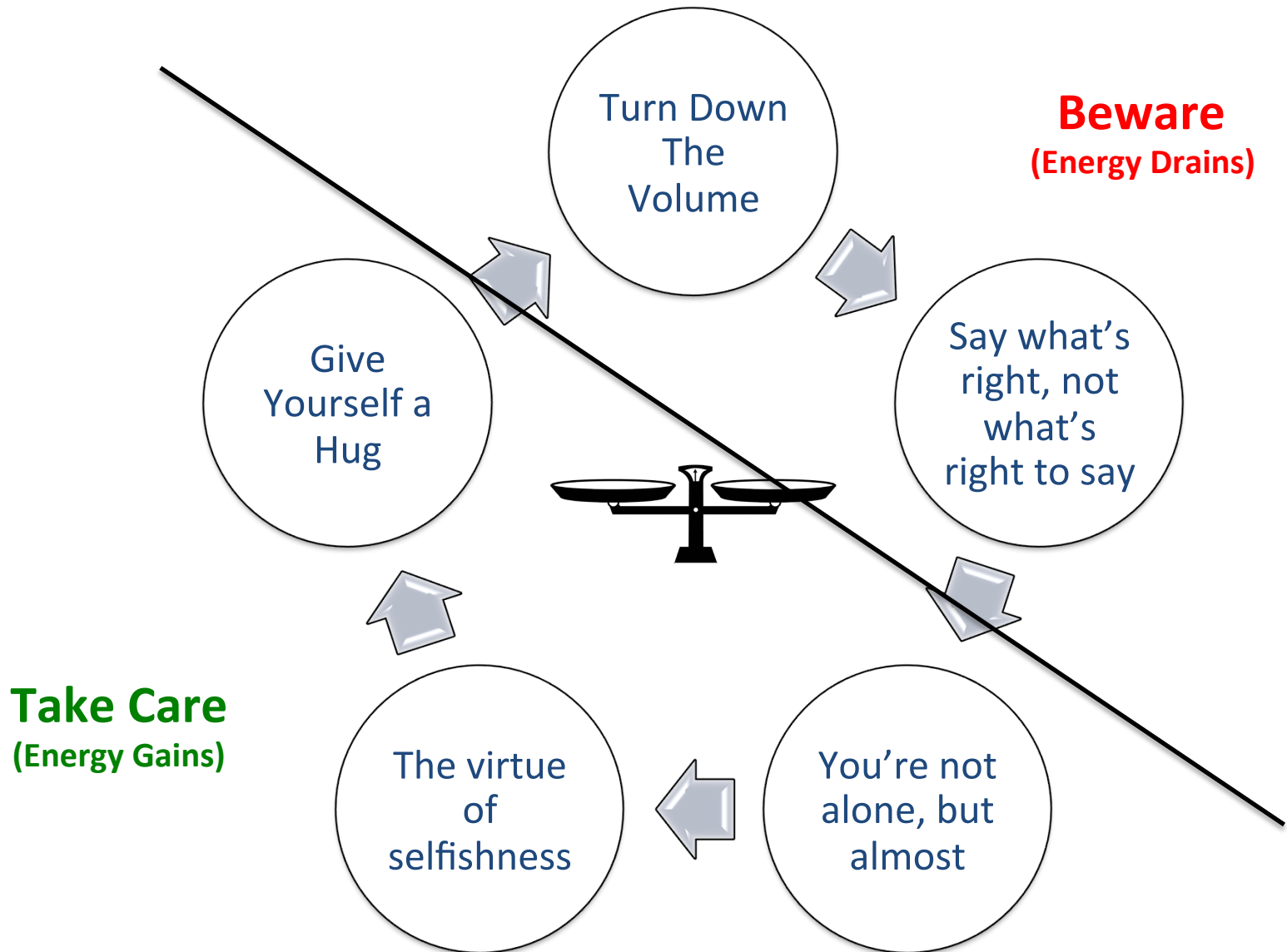
**Take Care**  
(Energy Gains)



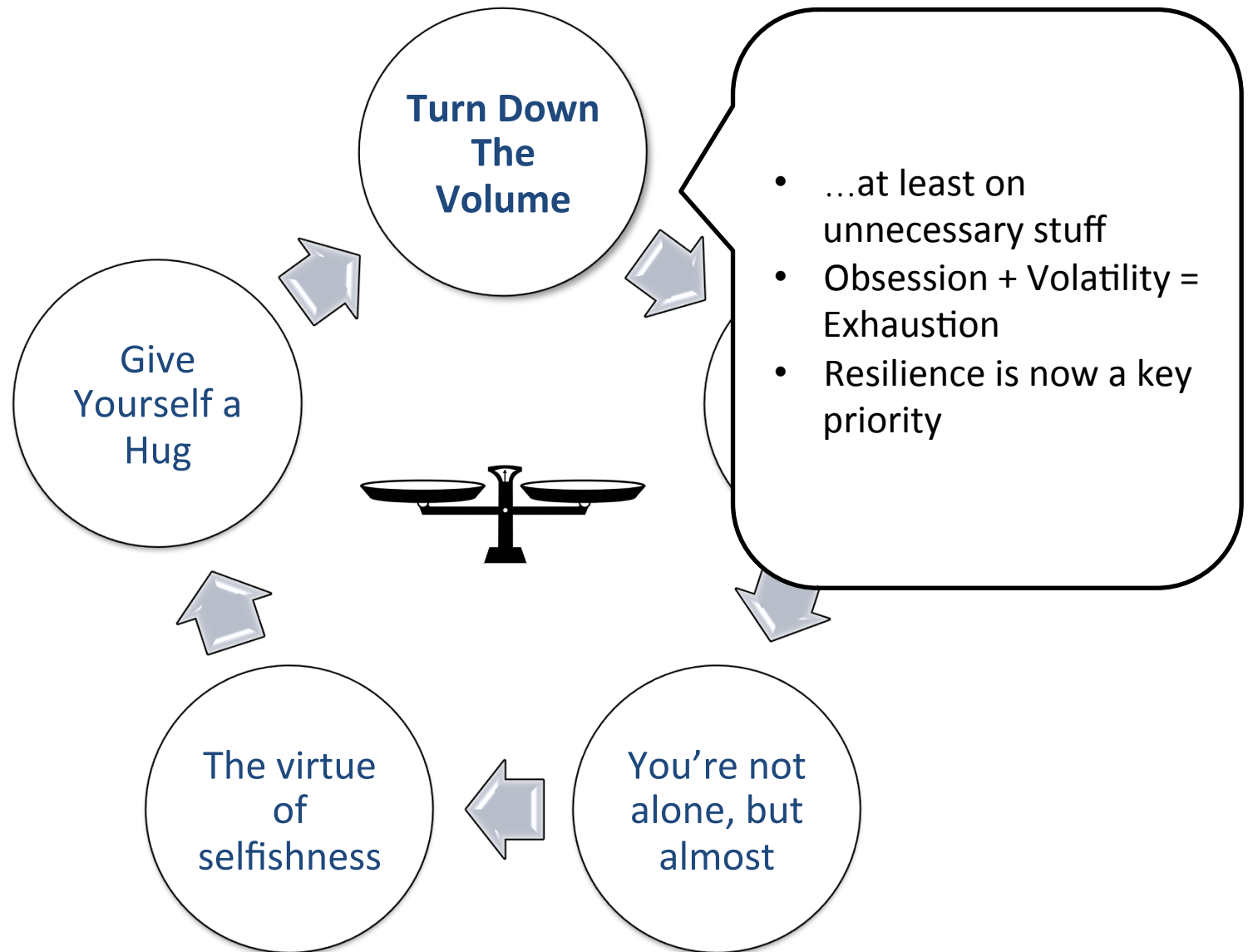
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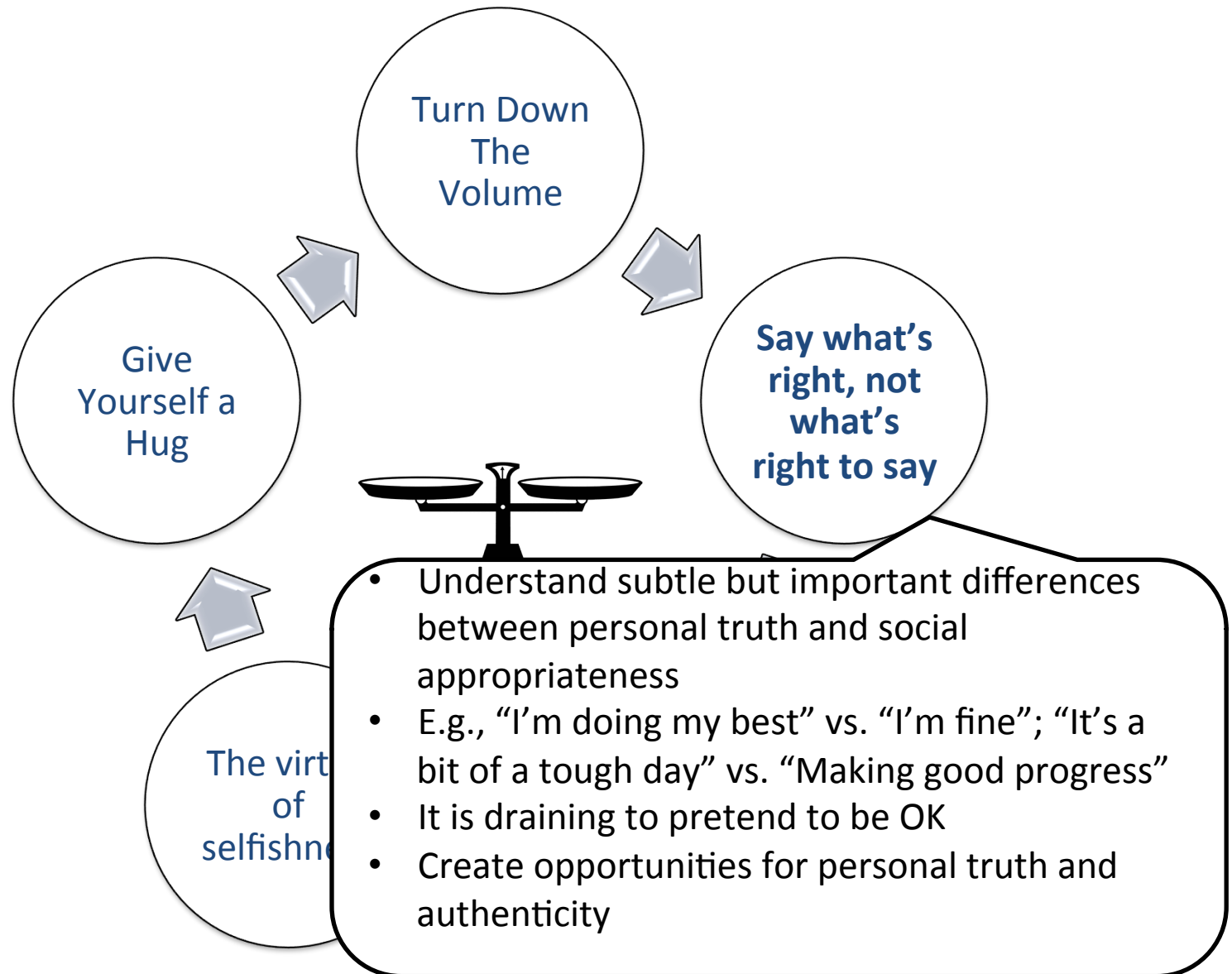
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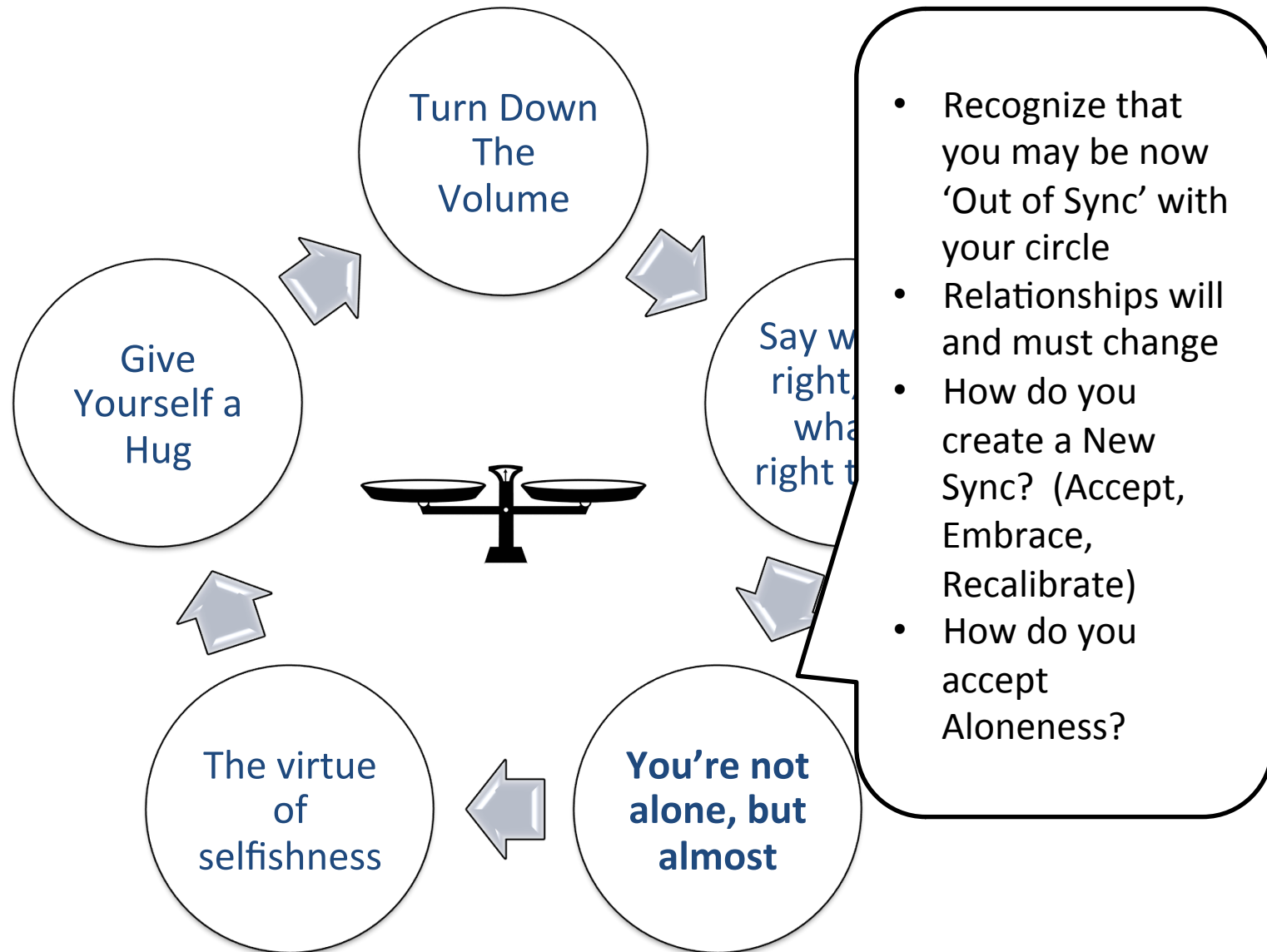
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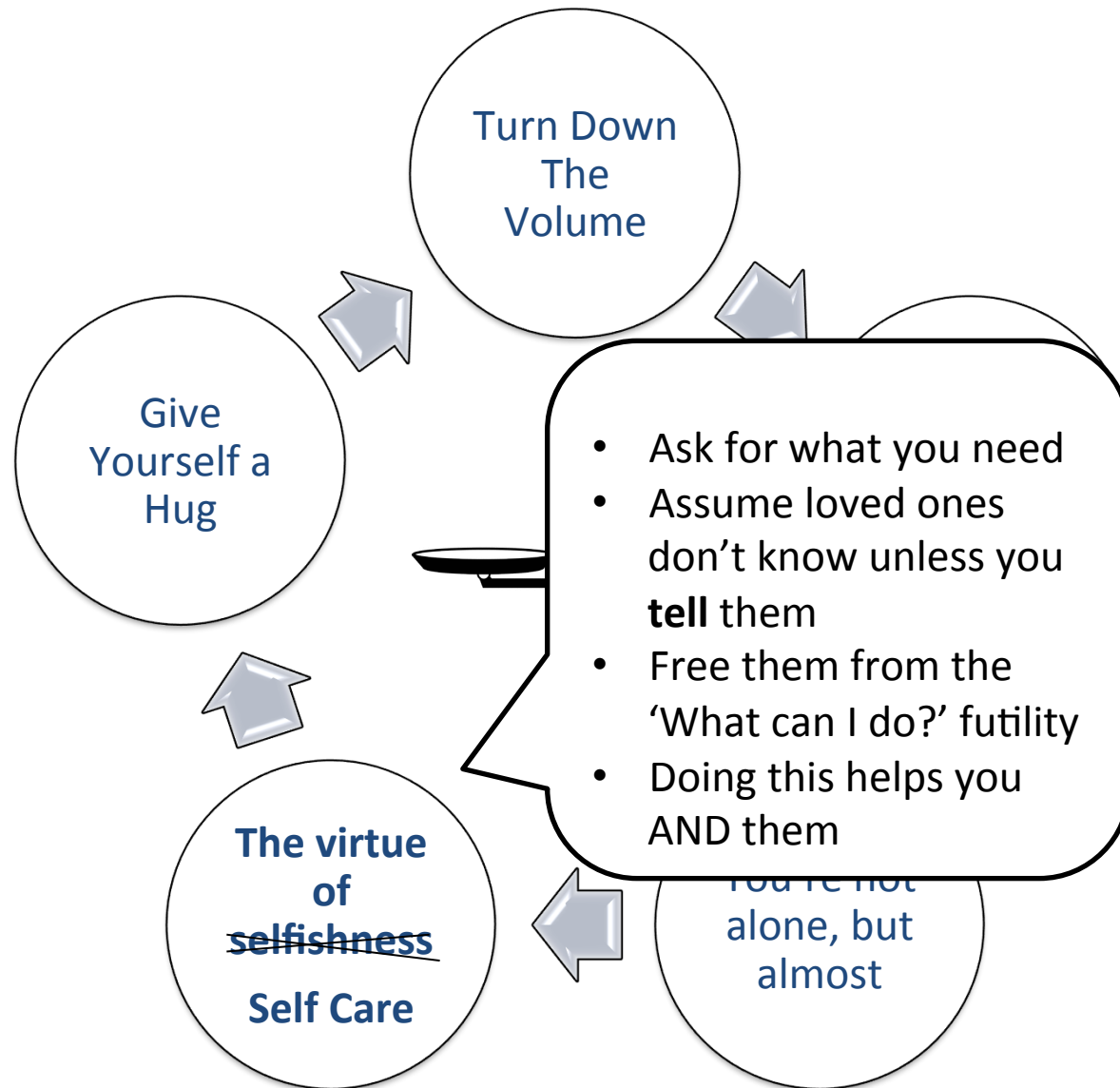


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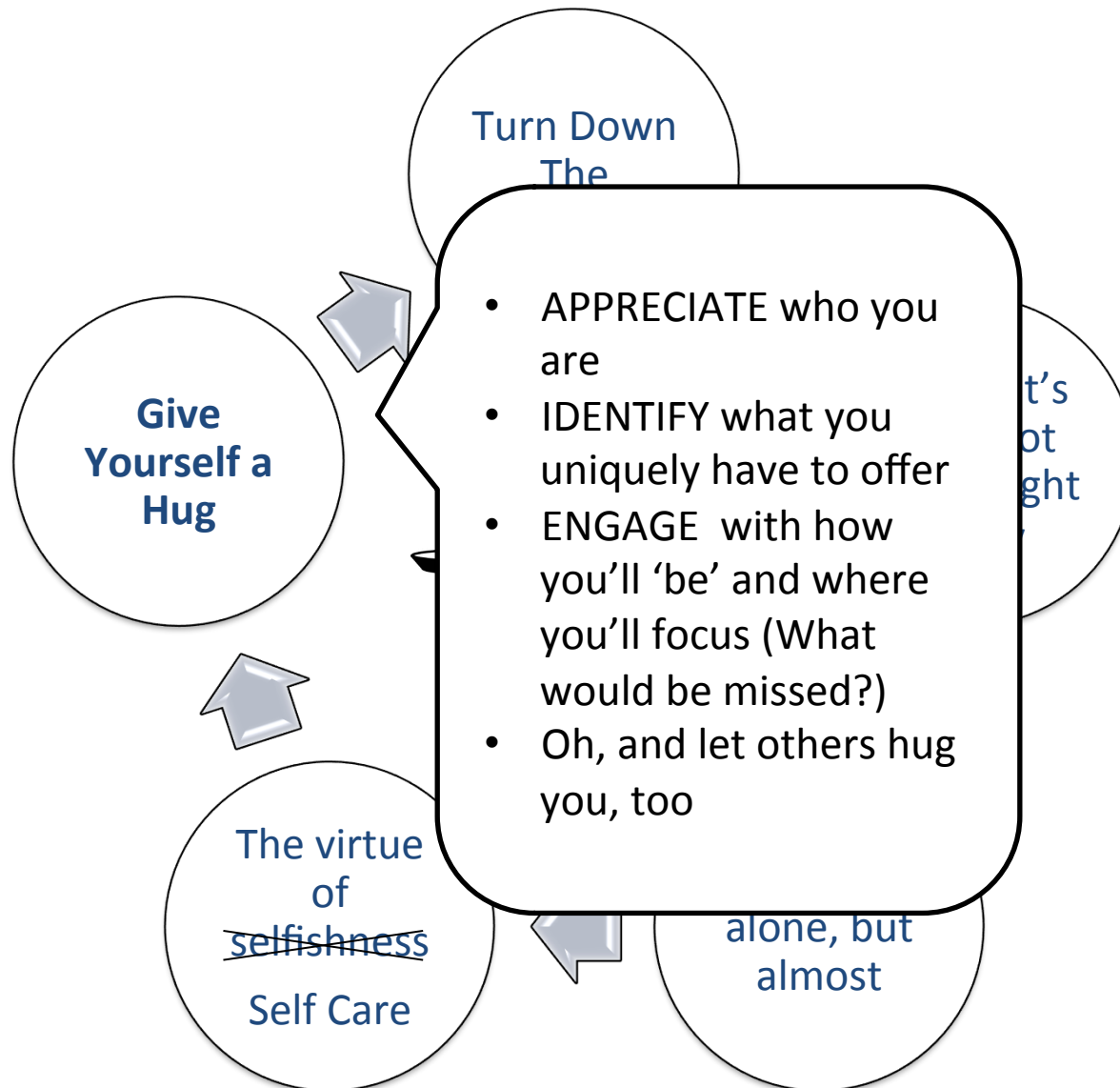




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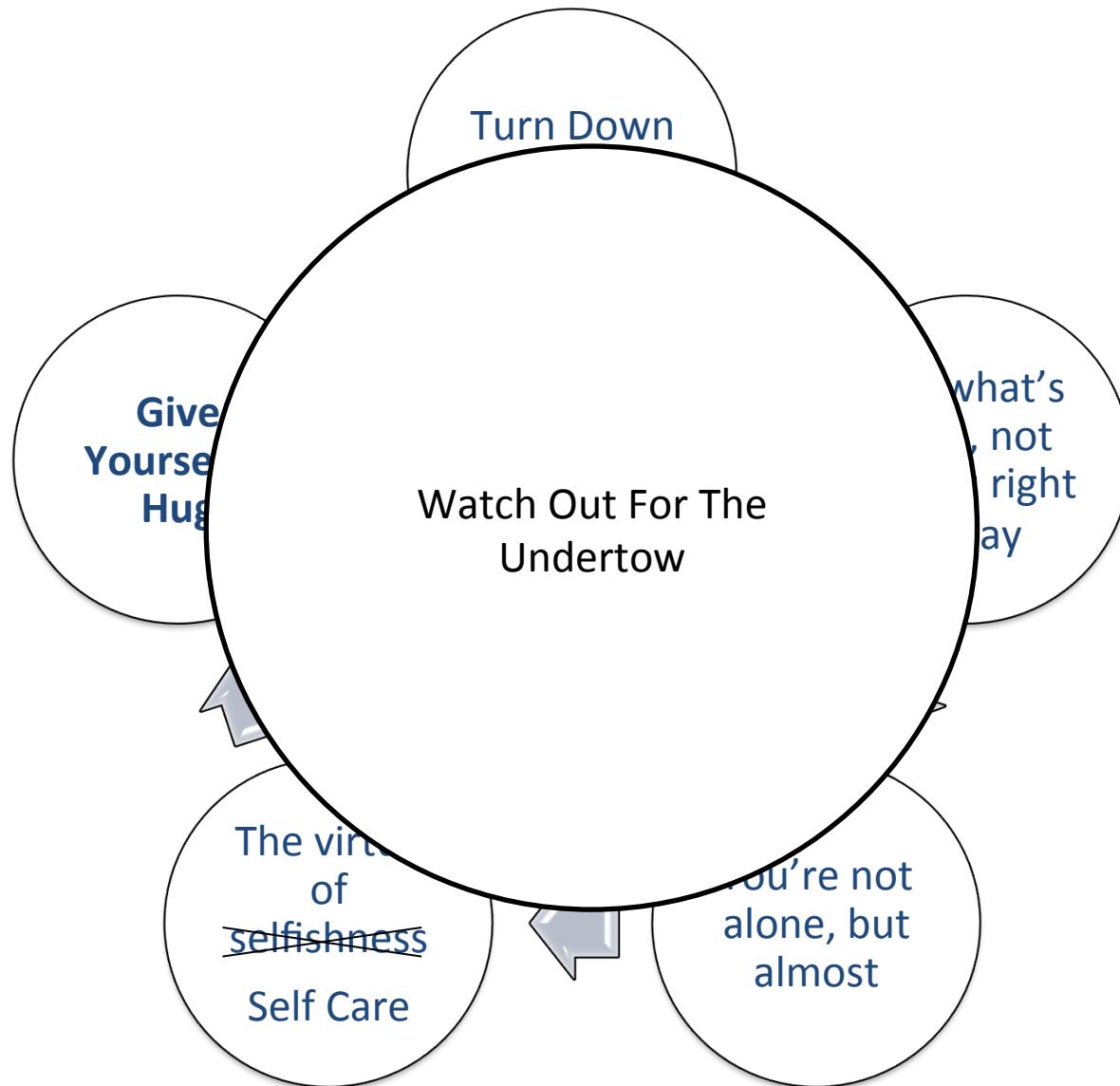


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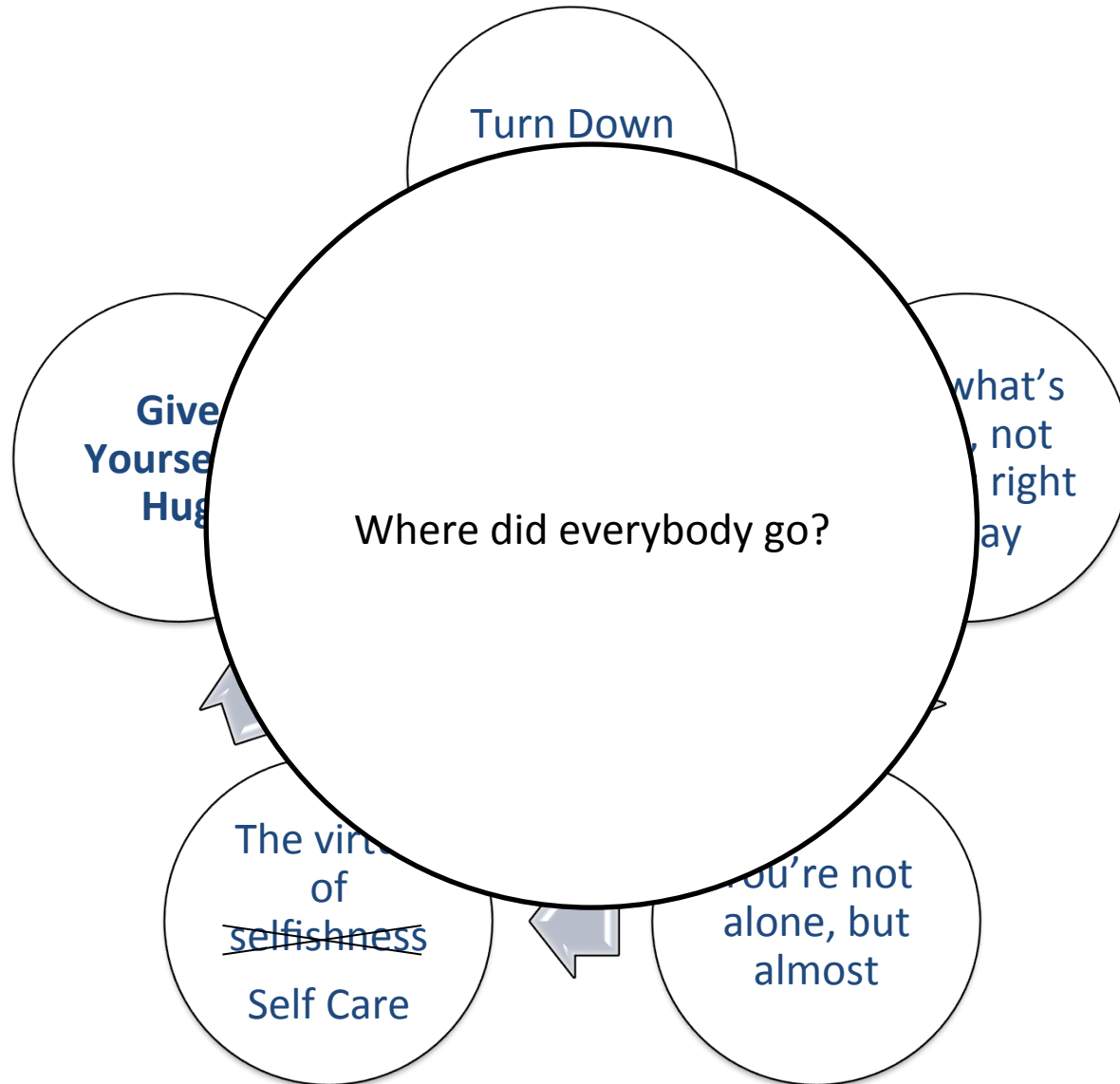
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## Bonus Insight



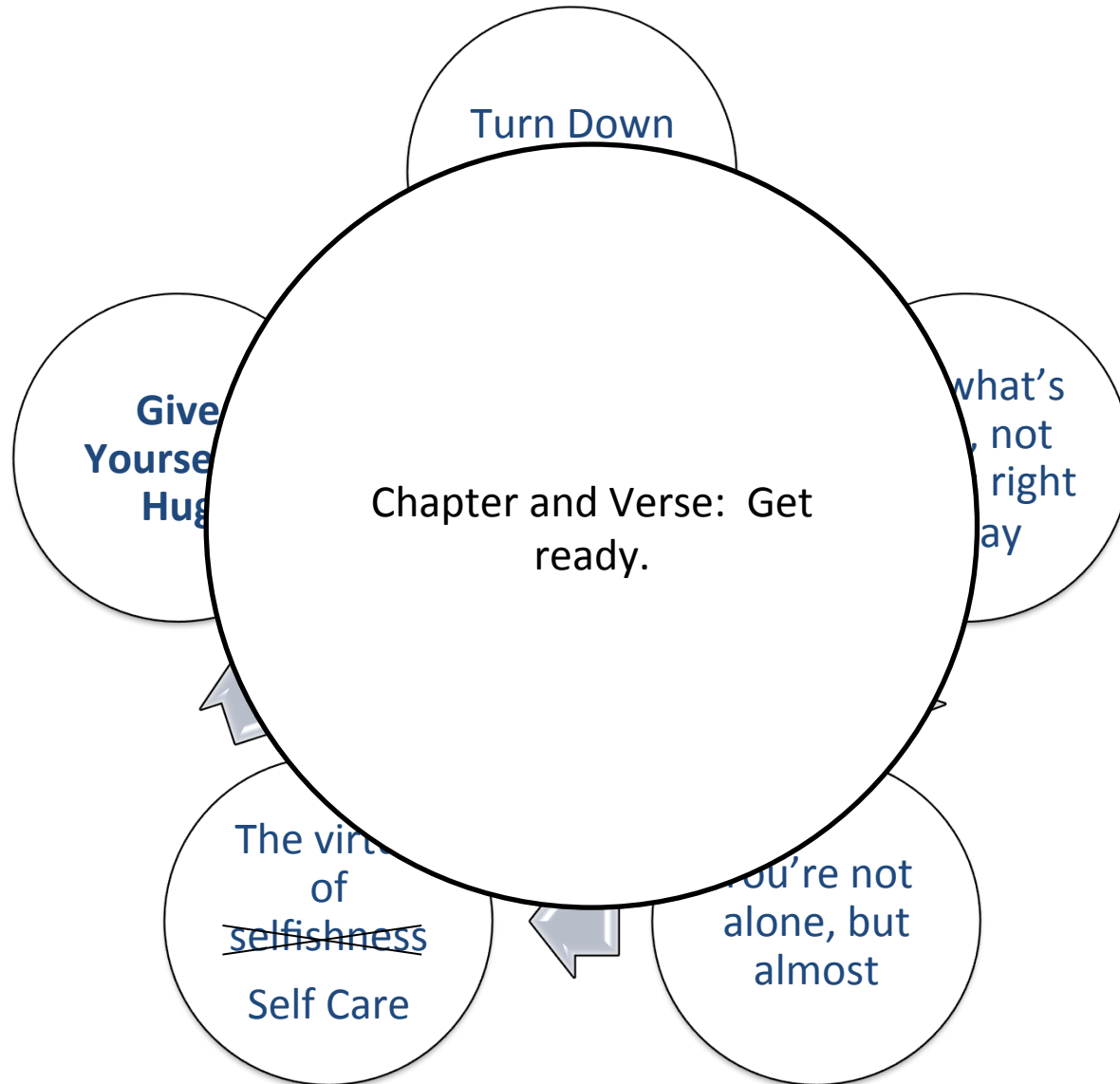
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## Bonus Insight #2

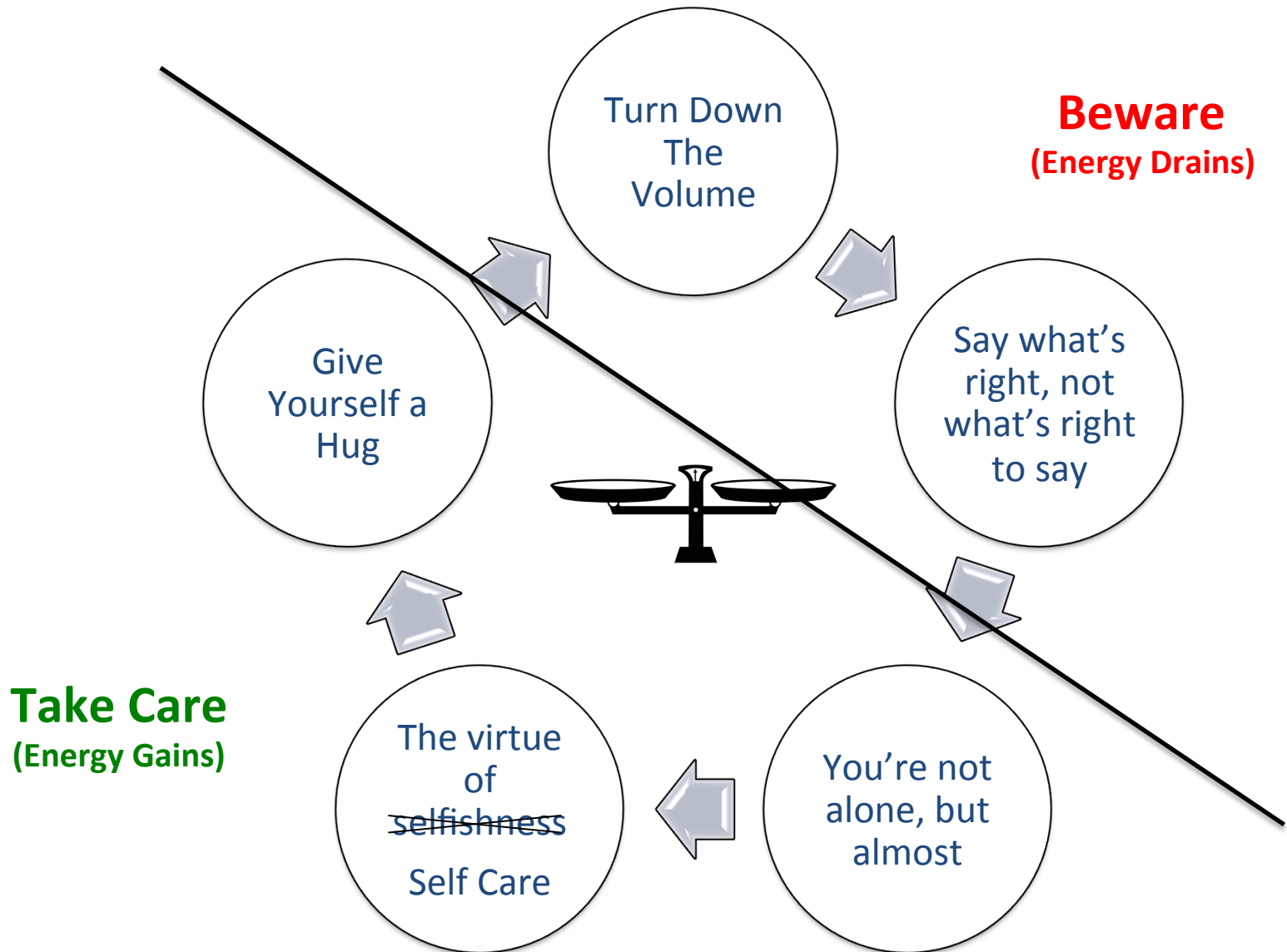


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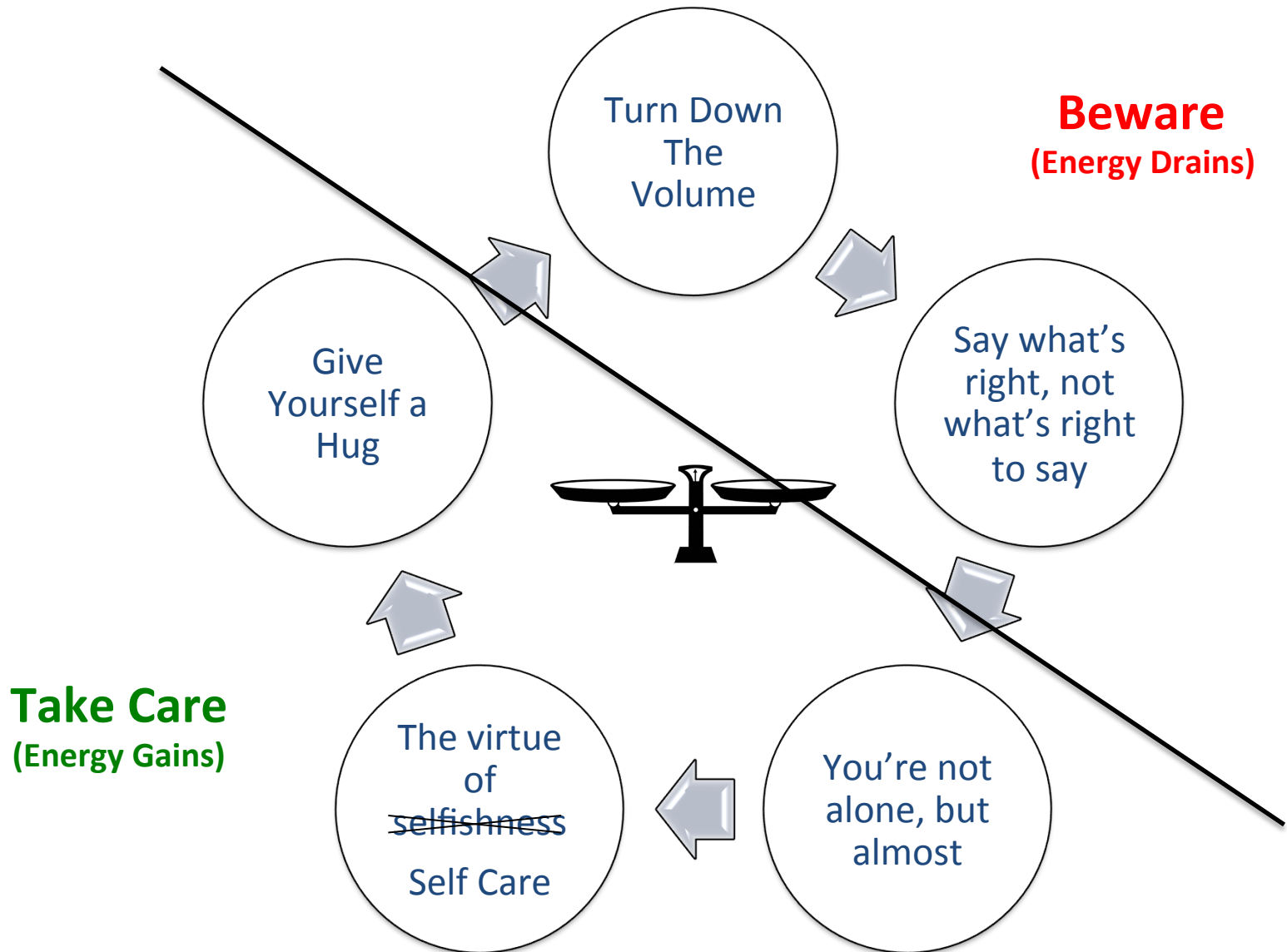
## Bonus Insight #3



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