

From Incurable to Incredible

Cancer Survivors Who Beat the Odds

by Tami Boehmer



Non-Fiction - Health - Medical

222 Pages

Reviewed on 05/24/2011

Book Review



Reviewed by Anne Boling for Readers' Favorite

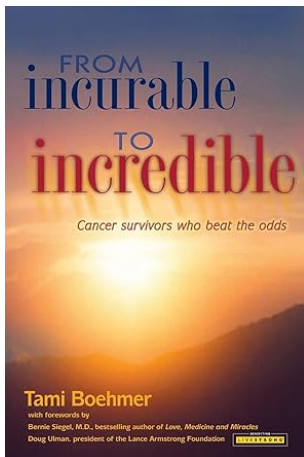
From Incurable To Incredible: Cancer Survivors Who Beat The Odds by Tami Boehmer is an inspiring and uplifting book, telling the stories of cancer survivors. Often, in an attempt to be brutally honest, doctors present the darkest side to their patients. Author, Tami Boehmer, was one such patient.

She had stage IV breast cancer; her doctor told her, "Two years or twenty years, but you will die of breast cancer." She knows the personal anguish of hearing the words, "It's malignant." Tami knew Buzz Sheffield from church. He was a cancer survivor. Buzz was always smiling; he led an active life, and yet he had cancer all over his body. Tami wanted to know his secret. "He refused to listen to the doomsday predictions and chose to focus on healing through prayer, giving back to others, healthy nutrition and exercise." Tami followed his advice, taking chemo, freeing herself from stress, adjusting her diet, and beefing up her spiritual life.

In an effort to help others going through the same trial she faced, Tami has compiled the stories that will bring positive reinforcement to readers. Each section has a focus, and at the end of the section is a question to assist the reader in grasping the point. The first section deals with A Sense of Purpose. The second section focuses on Attitude. I believe this is the most important section in the book. Attitude makes a difference. A positive attitude gives strength and encourages healing. The third section is Support. Going through a tough time is not the time to isolate yourself from others. We all need a strong support group. The sections continue with Perseverance, and Faith.

This book could very well make a difference in the reader's life. Cancer is a frightening word, but if we have a positive outlook and faith, we can persevere.

This book is well organized. The questions are very helpful. I enjoyed the photographs. They made the book come alive by giving a face to the survivors. I highly recommend this book.



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Author Biography



After more than 20 years working in health care public relations, Tami Boehmer was thrust into the world as a patient. In February 2008, she was diagnosed with a metastatic breast cancer recurrence--months after celebrating her five-year, cancer-free anniversary.

Unwilling to accept a grim prognosis, she decided to interview survivors nationwide who have lived far beyond what the medical establishment predicted. Tami compiled these amazing stories into her book, *From Incurable to Incredible: Cancer Survivors Who Beat the Odds*. Tami shares these stories, as well as valuable information on healing the body, mind and spirit; on her Web site and blog, www.MiracleSurvivors.com.

Best-selling author Bernie Siegel, who provides a foreword in the book, says, "From Incurable to Incredible is a book that everyone should read because it is filled with the wisdom of those who have confronted their mortality and let it become their teacher."

Recently, *From Incurable to Incredible* was named an Award-Winning Finalist in the "Health: Cancer" category of the 2011 International Book Awards.

Tami lives with her husband Mike, daughter Chrissy and furry feline AJ in Cincinnati, Ohio. She divides her time between caring for her family, blogging, fulfilling speaking engagements, and serving as a board member for Pink Ribbon Girls, a support group for young breast cancer survivors.