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Breathing Bravely: Giving Voice To Cystic Fibrosis



Synopsis

All proceeds to benefit the nonprofit organization Breathe Bravely. Breathing Bravely: Giving Voice to Cystic Fibrosis is the passionate story of Ashley Ballou-Bonnema and her journey through the seasons of Cystic Fibrosis. Within a single cycle of seasons, Ashley's journey and experience are witness to life's joys and heartaches while breathlessly rooted in gratitude. From the grip of Winter's harsh wrath to the abundant life filled blossoms of the Spring, Ashley's perseverance, voice, and vulnerability resonate deeply within each of our own journeys.

Book Information

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Customer Reviews

Ashley Ballou-Bonnema, a 28-year-old musician, teacher, blog writer, wife, and seeker of adventure strives to get the most out of a life living with Cystic Fibrosis. She is the founder of Breathe Bravely, a nonprofit organization dedicated to giving voice to Cystic Fibrosis and the author of the popular blog, Breathe Bravely.

Great read - very inspirational. A true example of fully living in each moment, not just going through the motions. Love it.

An astonishing witness to life - even if you don't have a life-threatening illness, you will be healed reading this book

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