



# Not My Mother's Journey

*Heather St Aubin-Stout*

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## **Not My Mother's Journey** Heather St Aubin-Stout

Twenty years after she lost her mother to breast cancer, Heather St.Aubin-Stout receives a postcard asking her to come back for magnifications of her recent mammogram. She asks for prayers from her family, friends, and neighbors. Prayers not to be cured but for strength and wisdom.

When she is diagnosed she soon faces her memories of what she experienced with her mother's illness and death. However as she deals with her illness and treatments while she and her husband try to parent their three independent teenage sons she discovers that this is Not My Mother's Journey. Heather chronicles her journey with candid honesty discussing her challenges, confusion and emotions with daily life while dealing with a potentially terminal disease.

She engages the reader with every day life experiences. She knows that each journey is unique, but believes that we are here to help each other and by sharing our stories we'll make the individual path less painful, no matter what we're dealing with.

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