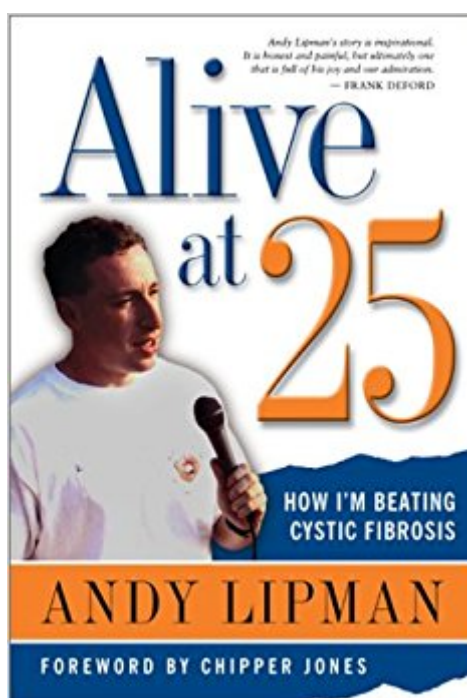


The book was found

# Alive At 25: How I'm Beating Cystic Fibrosis (Understanding Health And Sickness Series)



## Synopsis

Afflicted with cystic fibrosis since birth, doctors told Andy Lipman's parents he'd be lucky to reach age 25. Over the years, however, Andy has found strength and determination in his athletic pursuits, has surprised his doctors, and defied the medical odds. On his 25th birthday, he picked up a pen and began to write his story. Now 28, healthy, happy, and very much alive, Andy shares his bittersweet story with humor and wit.

## Book Information

Series: Understanding Health and Sickness Series

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Average Customer Review: 4.3 out of 5 stars 10 customer reviews

Best Sellers Rank: #2,835,919 in Books (See Top 100 in Books) #52 in Books > Health, Fitness & Dieting > Children's Health > Cystic Fibrosis #333 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genetic #235961 in Books > Biographies & Memoirs

## Customer Reviews

I'll be honest, all in all I liked reading about Andy's journey with CF. I can understand how he feels and he does a good job of describing what he has been through. While reading i felt as though half of this book was written to help you understand andy and his journey and the other half is simply a "look what i did." At times he came off as whiny and emotional. Also although it's never metioned it's written as though andy grew up with "deep pockets." Which is fine, it just helps me understand him. Overall i feel for you Andy. Fight the good fight

This book shows how a boy born with a physical challenge overcomes giving in to his impulses through determination and good attitude. Like so many of us, he's one of the last ones picked for the team over and over again. Although he has a great excuse to be a down and out loser, he turns himself into a winner. Andy develops grit thorough his pursuit of sports: running a marathon, joining a baseball team, playing competitive tennis and playing basketball. We learn what it is to be a real

friend. Teenagers, especially boys, would relate exceptionally well to this simply written page-turner that gives humorous insight to college life and fraternities.

This was a very good book and I learned so much from Andy. Just his thoughts and experiences that he shared will make me and help me be a better parent and understand the feelings that my son will have as he grows older. My son is 4 with CF and as I am writing this and I must admit I am not a good writer and he is telling me not to give up, you see he is already a fighter and this book will only help me out in his future to be a better person and a fighter! Thanks so much Andy for sharing your life with us.

This book is an inspiring look at how a courageous young adult stood up to this disease and looked it straight in the eye. Rather than let CF beat him, he is beating it. I don't know what it is like to have CF, but the Author's description of his own life inspires me to stand up against my own minor problems and face them head on. I read the book on one long delayed flight and I finished it in one sitting. I highly recommend this book for anyone, CFer or not!

This book really opens your eyes to a loved one with CF. Being married to someone with CF gives challenges alone. But, Reading Andy's book shows you that through thick and thin CF has come along way. Medical research has given them longer median and now Andy has voiced to all that is associated with CF what we deal with. I recommend this book to everyone to open their eye and to help Andy and everyone else with CF find a CURE

I am not a reader, but I could not put this book down. I read it on the beach at Cabo San Lucas. I have kids who are struggling with health problems. This book gives hope and strength to anyone who is facing impossible odds. Andy is obviously a man of deep character and tremendous resolve. If you are struggling yourself or know anyone who is, get them this book.

Whether or not your life has been touched by chronic disease, you will be able to relate to Lipman's story of overcoming adversity. The candid, honest prose reminds the reader to seize the day. The work has affected me more than any other. I would highly recommend it.

I found the book totally inspiring!! I pray that when my daughter is old enough to read that she will be as inspired as I was. Thank you Andy for doing such a wonderful book!!!

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