

## 2x Cancer Survivor

Amor Traceski, Survivor, Cancer Center



Photo courtesy of Amor Traceski

As an adult, I drove so fast on some of life's rough and winding roads that I careened out of control around a sharp corner and crashed into a mountain. Well, that mountain was cancer and... actually, I "crashed" into it TWICE! Thankfully, I survived, though not unscathed.

Eventually, cancer knocked me so hard on the head that I was reeling! You'd think that I'd go downhill even further from there, but actually (and surprisingly), the opposite happened!

Going through the challenges of breast cancer in 2013, I had to focus on my own needs and allow others to take care of me. The tables had turned and it was hard for me, at first. This time, I was the receiver, not the giver. The outpouring of love and support was overwhelmingly beautiful! Also, during

my journey, I unexpectedly discovered that I had hidden strengths to overcome my fears and pains; strengths, I had no clue I possessed. It was an amazing revelation and I grew stronger from it all!

In 2016, when I was told that I had cancer again (ovarian cancer), I realized that I had more work to do to take care of myself, and though I was armed with wisdom from my previous cancer, I knew I had to dig deeper. What I discovered was more hidden strengths that gave me a laser focus to create awesome possibilities for myself, so that I can embrace life and grow again from the difficulties of my experience.

I now drive life's rough and winding roads with care, immense gratitude and awe for all that I've been blessed with. No longer do I have fears or low self-esteem. Now, I am strong, confident and truly happy. Best of all, I am free to be me... to spread my wings and soar toward all of life's amazing possibilities!

Since my last chemo session, I wrote a manual/guidebook, entitled: *Been There, Done That: Practical Tips & Wisdom from Cancer Survivors for Cancer Patients*, that contains awesome contributions from 19 amazing cancer survivors, how they dealt with their diagnoses and moved on. It was what made all the difference!



Cancer Center

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