

# Five Lessons I Didn't Learn from Breast Cancer (And One Big One I Did)



**Five Lessons I Didn't Learn From Breast Cancer (and One Big One I Did)** by Shelley Lewis

★★★★★ 4.1 out of 5

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When I was diagnosed with breast cancer at the age of 35, I was terrified. I didn't know what the future held, and I was worried about how my diagnosis would affect my family and friends.

In the years since my diagnosis, I've learned a lot about breast cancer and about myself. I've learned that cancer is not a death sentence, and that it's possible to live a full and happy life after a cancer diagnosis.

I've also learned that there are some things that cancer can't teach you. Here are five lessons I didn't learn from breast cancer:

### **1. Cancer doesn't make you strong.**

Cancer can be a physically and emotionally challenging experience, but it doesn't make you strong. Strength comes from within, and it's something that you have to develop yourself.

Cancer can teach you about your strength, but it doesn't give you strength. You have to find strength within yourself.

### **2. Cancer doesn't make you a better person.**

Cancer can change your perspective on life, but it doesn't make you a better person. Being a good person is something that you have to work at, and it's not something that cancer can give you.

Cancer can teach you about what's important in life, but it doesn't make you a better person. You have to make the choice to be a good person.

### **3. Cancer doesn't make you special.**

Cancer is a serious disease, but it's not something that makes you special. There are millions of people who have been diagnosed with cancer, and you're not the only one who has to deal with it.

Cancer can teach you about the importance of empathy, but it doesn't make you special. You're just as special as everyone else.

### **4. Cancer doesn't give you a free pass.**

Cancer can be a difficult experience, but it doesn't give you a free pass to do whatever you want. You still have to be responsible for your actions, and you still have to make choices that are in your best interests.

Cancer can teach you about the importance of self-care, but it doesn't give you a free pass to hurt yourself or others.

### **5. Cancer doesn't define you.**

Cancer is a part of your life, but it doesn't define you. You are more than your cancer diagnosis, and you can still live a full and happy life after cancer.

Cancer can teach you about the importance of living in the present moment, but it doesn't define you. You are who you choose to be.

So what's the one big lesson I did learn from breast cancer? It's that life is precious, and that we should never take it for granted.

Cancer has taught me to appreciate the little things in life, and to live each day to the fullest. I'm grateful for every day that I have, and I'm determined to make the most of it.

If you're facing a cancer diagnosis, I want you to know that you're not alone. There are millions of people who have been through what you're going through, and we're here to support you.

Cancer is a difficult experience, but it's not the end of the world. You can still live a full and happy life after cancer. Just remember to live in the present moment, and to cherish every day that you have.



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