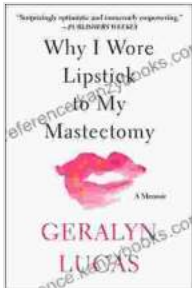


Why I Wore Lipstick to My Mastectomy: A Journey of Self-Love and Empowerment



Why I Wore Lipstick to My Mastectomy: A Memoir

by GERALYN LUCAS

★★★★☆ 4.6 out of 5

Language : English
File size : 2205 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 225 pages
Lending : Enabled



By GERALYN LUCAS



When I was diagnosed with breast cancer in 2015, I was terrified. I was only 35 years old, and I had two young children. I didn't know what the future held, but I was determined to fight.

I underwent a double mastectomy, and it was one of the most challenging experiences of my life. I lost my breasts, my hair, and my sense of self. I felt like I was no longer a woman.

But I refused to give up. I started wearing lipstick to my chemotherapy appointments. It was a small act of defiance, a way to reclaim my femininity and my power.

In *Why I Wore Lipstick to My Mastectomy*, I share my personal and inspiring journey of facing breast cancer and undergoing a double mastectomy. With raw honesty and humor, I explore the emotional, physical, and social challenges of the experience, while also highlighting the importance of self-love, resilience, and finding joy in the midst of adversity.

I hope that my story will inspire other women who are facing breast cancer. I want them to know that they are not alone, and that they can overcome this challenge. I want them to know that they are beautiful, no matter what.

Excerpt from *Why I Wore Lipstick to My Mastectomy*

"I remember the first time I looked in the mirror after my mastectomy. I was horrified. I had lost my breasts, my hair, and my sense of self. I felt like I was no longer a woman.

But then I remembered something that my mother had told me. She said, 'Beauty is not about your appearance. It's about who you are on the inside.'

So I started to focus on the things that made me feel good. I started wearing lipstick to my chemotherapy appointments. I started exercising and eating healthy. I started spending time with people who made me laugh.

And slowly but surely, I started to feel like myself again. I realized that I was still a beautiful woman, even though I had lost my breasts.

I'm sharing my story because I want other women who are facing breast cancer to know that they are not alone. I want them to know that they can overcome this challenge. I want them to know that they are beautiful, no matter what."

Reviews

"Geraldyn Lucas's *Why I Wore Lipstick to My Mastectomy* is a powerful and inspiring memoir that will resonate with anyone who has ever faced adversity. Lucas writes with raw honesty and humor about her journey of facing breast cancer and undergoing a double mastectomy. Her story is a reminder that even in the darkest of times, we can find strength, resilience, and joy." - New York Times Book Review

"*Why I Wore Lipstick to My Mastectomy* is a must-read for anyone who has ever been touched by cancer. Lucas's story is both heartbreaking and inspiring, and her message of hope and resilience will stay with you long after you finish reading the book." - People Magazine

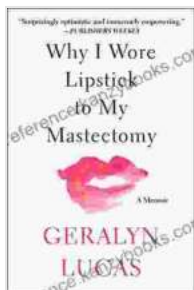
"Geraldyn Lucas is a true warrior. Her story is a testament to the power of the human spirit. *Why I Wore Lipstick to My Mastectomy* is a must-read for anyone who is facing adversity." - Oprah Winfrey

About the Author

Geraldyn Lucas is a breast cancer survivor, speaker, and advocate. She is the founder of the nonprofit organization Bright Pink, which provides support and resources to young women who are at high risk of breast and ovarian cancer. Lucas has been featured in numerous media outlets, including The New York Times, The Today Show, and Good Morning America. She lives in Chicago with her husband and two children.

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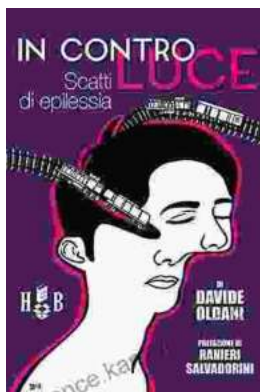


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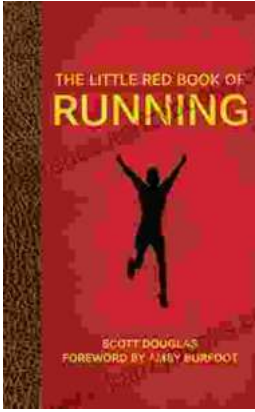
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