

Not My Mother's Journey was written to share the story of a daughter losing her mom to breast cancer, only to receive a diagnosis of the same disease almost twenty years later at almost the same age. The experience is different from what she thought it would be like. Breast cancer treatments have improved, and it is talked about more openly.

After BRACA testing comes back negative, she takes the recommendation of several surgeons and has a lumpectomy (that comes back with clear margins and no lymph node involvement) and radiation. Because the DCIS and IDC mix are estrogen positive, she begins taking tamoxifen. She is told that she is a textbook case, an easy cure. She has been diligent in her exams and mammograms, she is healthy (otherwise) and can continue on with her life.

The following year her second mammogram is normal, but the MRI is not. The cancer has recurred. Again, a mix of aggressive DCIS and IDC near the site of the lumpectomy. This time however, it is estrogen negative and Her2Neu positive. It's a turning point for the author who decides to write a book about her experience.

This book was written to inspire and encourage. There are parts of the story that everyone can relate to, whether they are a survivor or not. Since the book was released in January, 2011 Heather has been speaking about early detection and being your own best advocate-don't give up with just one doctor, interview two or three! She also strongly believes that sharing our stories we help each other, making us stronger.

The book websites are: www.sharingmystory.com and www.notmymothersjourney.com