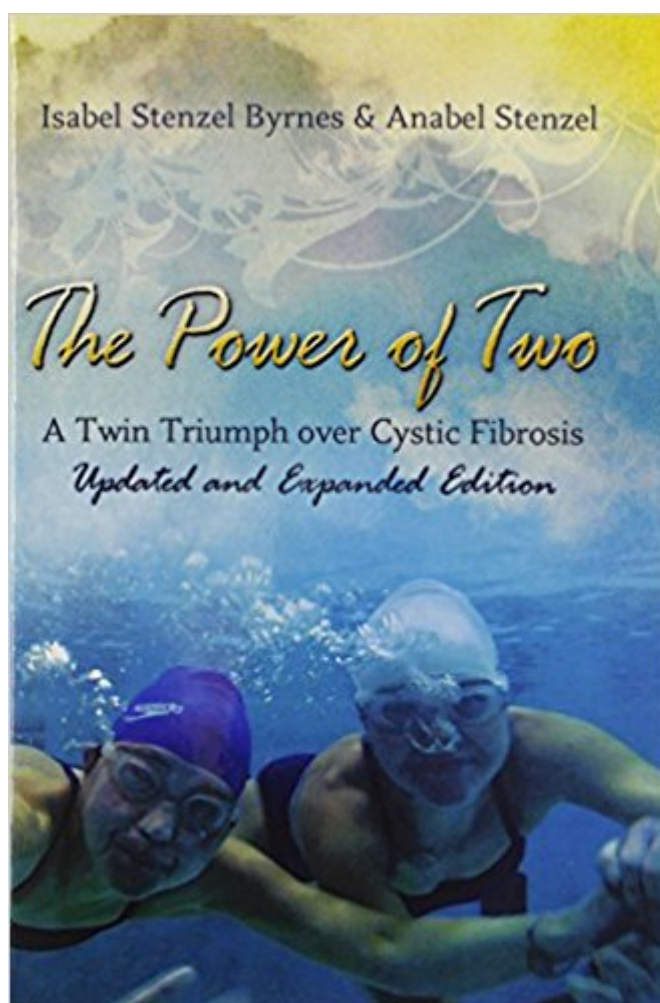


The book was found

The Power Of Two: A Twin Triumph Over Cystic Fibrosis, Updated And Expanded Edition



Synopsis

For most people, a diagnosis of cystic fibrosis means the certainty of a life ended too soon. But for Isabel Stenzel Byrnes and Anabel Stenzel, twin girls with the disease, what began as a family's stubborn determination grew into a miracle. The tragedy of CF has been touchingly recounted in such books as Frank Deford's *Alex: The Life of a Child*, but *The Power of Two* is the first book to portray the symbiotic relationship of twins who share this life-threatening disease through adulthood. Isabel and Anabel tell of their lifelong struggle to pursue normal lives with cystic fibrosis while grappling with the realization that they will die young. Their story reflects the physical and emotional challenges of a particularly aggressive form of CF and is an honest and gripping portrayal of the daily struggle associated with long-term hospitalization, the impact of chronic illness on marriage and family, and the importance of a support network to continuing survival. Born in 1972, seventeen years before scientists discovered the genetic mutation that causes CF, the Stenzel twins endured the daily regimen of chest percussion, frequent doctor visits, and lengthy hospitalizations. But in the face of innumerable setbacks, their deep-seated dependence on each other allowed them to survive long enough to reap the benefits of the miraculous lung transplants that marked a turning point in their lives: "We have an old life—one of growing up with chronic illness—and a new life—one of opportunities and gifts we have never imagined before." In this memoir, they pay tribute to the people who shaped their experience. These two remarkable sisters have much to teach about the power of perseverance—and about the ultimate power of hope.

Book Information

Paperback: 360 pages

Publisher: University of Missouri; Updated, Expanded ed. edition (October 14, 2014)

Language: English

ISBN-10: 0826220320

ISBN-13: 978-0826220325

Product Dimensions: 6.1 x 1.2 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (32 customer reviews)

Best Sellers Rank: #1,165,536 in Books (See Top 100 in Books) #24 in [Books > Health, Fitness & Dieting > Children's Health > Cystic Fibrosis](#) #149 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genetic](#) #12677 in [Books > Biographies & Memoirs > Specific Groups > Women](#)

Customer Reviews

As a person with cystic fibrosis, I have always shied away from CF memoirs. My attitude has been "I have CF, why do I need to read about your CF?" I can not tell you how thankful I am that I did not shy away from this extraordinary story of struggle, strength and love. Ana and Isa are twins of Asian descent who both have cystic fibrosis. Statistically, the chances of this genetic combination is 1 in 1.8 billion. The uniqueness of these two women does not stop with their genetics. Ana and Isa immerse the reader in the world of their mother's Japanese culture mixed with that of their German father. This alone makes the story fascinating. Add to it the bond between twins and the brother who sometimes stood on the outside looking in, and you have all the makings of a complex family drama. But the story is so much more than this reader could ever put into a few sentences. Throughout their childhood, across the seas in Japan and Germany, on into their time studying at Stanford and into adulthood, there is another character that is a constant: cystic fibrosis. I, too, have struggled with CF but after reading this book, I feel as though my "fight" pales in comparison. Never have I been witness to such an intense will to live and to thrive. There are many authors who might try to convince a reader to believe "life is precious" or to "seize the day." For these twins, no such statements were necessary. I was inspired to live harder and better only by their example. These strong individuals rarely felt self-pity and I never felt their tales to be histrionic. I so appreciated the clean, simple and honest way they allowed this breathtaking story to unfold. In addition to feeling humbled by these women, I also felt a little bit jealous.

[Download to continue reading...](#)

The Power of Two: A Twin Triumph over Cystic Fibrosis, Updated and Expanded Edition Cystic Fibrosis: The Cystic Fibrosis Care & Relief Guide - An Essential Guide For Parents And Family & Friends Caring For Cystic Fibrosis Patients (Respiratory ... Genetic Disease, Chronic Disease Book 1) The Power of Two: A Twin Triumph Over Cystic Fibrosis Cystic Fibrosis Life Expectancy: 30, 50, 70... (Health, Fitness and Dieting: Children's Health: Cystic Fibrosis Book 1) Coughing the Distance - from Paris to Istanbul with Cystic Fibrosis: Cycling from Paris to Istanbul with Cystic Fibrosis The Lone Twin: Understanding Twin Bereavement and Loss Soul Mates & Twin Flames: Discover a Timeless Love, Fulfill Your Soul's Purpose, and Experience a Higher Level of Love (Soul Mates, Twin Flames, Karmic ... Spirits, Endless Love, Spiritual Partner) Twin to Twin Twin Flames: The Soul Journey Back to Oneness (Twin Flames, Soulmate, reincarnation, love yourself) Cystic Fibrosis, Third Edition Cystic Fibrosis: Diagnosis and Protocols, Volume I: Approaches to Study and Correct CFTR Defects (Methods in Molecular Biology) The Troubled Dream of Genetic Medicine: Ethnicity

and Innovation in Tay-Sachs, Cystic Fibrosis, and Sickle Cell Disease Cystic Fibrosis and Pulmonary Adenocarcinoma: Both Metabolic and Dietary Acidic Conditions Cystic Fibrosis: A Guide for Patient and Family With Every Breath: stories by and about people living with cystic fibrosis In Sickness and In Health: Lessons Learned on the Journey from Cystic Fibrosis to Total Health Cystic Fibrosis in the 20th Century: People, Events, and Progress Understanding Cystic Fibrosis (Understanding Health and Sickness Series) Cystic Fibrosis - A Reference Guide (BONUS DOWNLOADS) (The Hill Resource and Reference Guide Book 138) The Fight of My Life: Living with Cystic Fibrosis and My Double Lung Transplant

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)