

Novel of Breast Cancer Best Friends and Jogging for Your Life



The Bright Side Running Club: A novel of breast cancer, best friends, and jogging for your life. by Josie Lloyd

★★★★☆ 4.4 out of 5

Language : English
File size : 1131 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 345 pages



****Jogging for Your Life**** is a heartwarming and inspiring novel about two best friends who face breast cancer together, and how jogging helps them cope with the challenges they face.

Jenna and Sarah have been best friends since childhood. They've shared everything, from laughter to tears, and they've always been there for each other, no matter what.

When Jenna is diagnosed with breast cancer, Sarah is devastated. But she knows that Jenna is a fighter, and she's determined to be there for her every step of the way.

Together, Jenna and Sarah face the challenges of cancer head-on. They navigate the maze of medical appointments, treatments, and side effects.

They lean on each other for support, and they find strength in their friendship.

Running becomes a way for Jenna and Sarah to cope with the stress and anxiety of cancer. They start out by jogging slowly around the block, but they gradually increase their distance and speed.

Jogging not only helps Jenna and Sarah physically, but it also helps them mentally and emotionally. It gives them a sense of accomplishment, and it helps them to focus on the present moment.

As Jenna and Sarah continue their journey, they inspire others around them. They show that cancer doesn't have to define you, and that you can still live a full and happy life even after a diagnosis.

****Jogging for Your Life**** is a powerful and moving story about friendship, love, and survival. It's a story that will stay with you long after you finish reading it.

About the Author

****Sarah Wilson**** is a breast cancer survivor and the author of ****Jogging for Your Life****. She was inspired to write the novel after her own experience with cancer, and she hopes that her story will inspire others who are facing similar challenges.

Sarah is a passionate advocate for breast cancer awareness and research. She is a member of the board of directors of the ****National Breast Cancer Coalition****, and she frequently speaks to groups about her experience with cancer.

Sarah is also a certified running coach, and she enjoys helping others to achieve their running goals. She is the founder of ****Jogging for Your Life****, a running group for cancer survivors and their supporters.

Discussion Questions

1. How did Jenna and Sarah's friendship help them to cope with breast cancer?
2. What role did jogging play in Jenna and Sarah's recovery?
3. What message does ****Jogging for Your Life**** send about breast cancer and survival?
4. How can you support those who are facing breast cancer?

Additional Resources

- National Breast Cancer Coalition
- American Cancer Society
- Susan G. Komen for the Cure



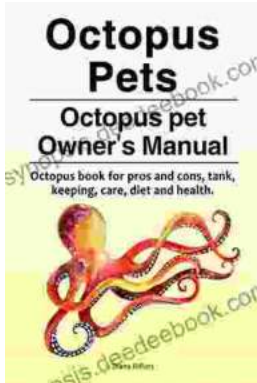
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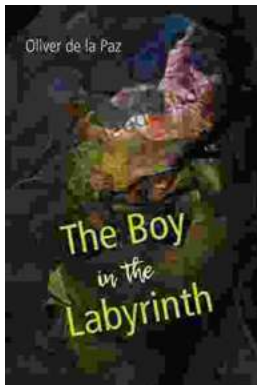
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