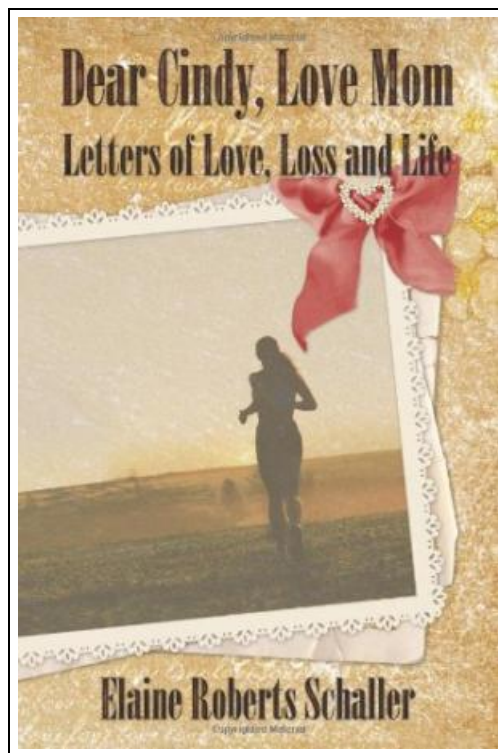


## Dear Cindy, Love Mom: Letters of Love, Loss and Life



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## DEAR CINDY, LOVE MOM: LETTERS OF LOVE, LOSS AND LIFE

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Crooked Mile Press, United States, 2010. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Early on the morning of April 23, 2007, my daughter Cindy left her Lower East Side Manhattan apartment and began her day with a bike ride on Riverside Drive. She was training for her first Ironman Triathlon in Lake Placid, NY in July. This would be a busy day with training for the 100-mile cycle portion of the race, a packed schedule of personal training clients, and a run in Central Park. But this was not to be a typical day. Midway through her ride, Cindy suffered a ruptured brain aneurysm and died at the young age of 33. No one could have predicted her sudden death. Cindy was a dietician, a trainer of trainers, a consultant to Fitness Magazine and the embodiment of good health. Cindy's death left me paralyzed with grief and certain that I would never experience another joyful moment in my life. After three weeks of unspeakable suffering, I sat before a grief counselor who suggested that I start a journal. I wrote to Cindy each day, trying to relieve my pain and to describe my dreams, my journey and my efforts to deal with, and ultimately accept, her untimely death. This book is the result, a compilation of some of those letters.

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