



Alive at 25: How I'm Beating Cystic Fibrosis (Understanding Health and Sickness Series)

Andy Lipman

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Afflicted with cystic fibrosis since birth, doctors told Andy Lipman's parents he'd be lucky to reach age 25. Over the years, however, Andy has found strength and determination in his athletic pursuits, has surprised his doctors, and defied the medical odds. On his 25th birthday, he picked up a pen and began to write his story. Now 28, healthy, happy, and very much alive, Andy shares his bittersweet story with humor and wit.

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