

A Review of
Seven Letters That Saved My Life – Seven Principles That Made It Happen (2010)

Author: Dottie Lessard

After reading many amazing books by patients dealing with cystic fibrosis, this was a refreshingly different story and format. Along with the inspiration of her survival that included both a double lung transplant in 1994 and a kidney transplant in 2002, each chapter offers personal motivational principles and affirmations, followed by workbook type exercises and inspiring quotations from many sources.

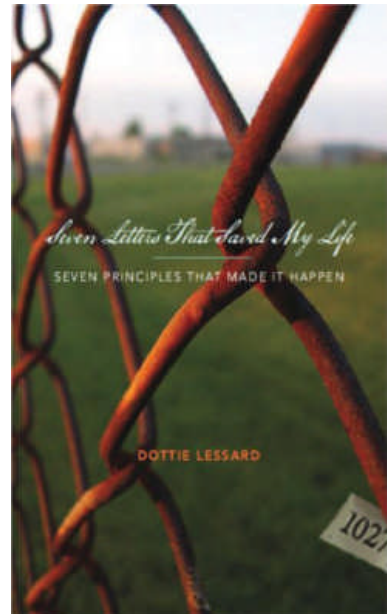
Dottie Lessard is a gifted author whose writing often reads lyrical in its language that several times brought this reviewer to tears as those words connect the reader deep into the emotions of the passionate moments she shares so skillfully with us. But this is so much more than just a survival story as she overcomes with determination and intense focus many life threatening moments, including what she describes as a “return from death,” and then goes on to fulfill her seemingly impossible life dreams of becoming a professional athlete (or as she says it “A-T-H-L-E-T-E” – those “seven letters that saved my life” that become the outline for her book, each letter corresponding to a principle and affirmation to say daily to live that principle). As each chapter uses her life experience to illustrate how that principle “saved her,” along with a deep faith in a Supreme Power that supports her desire to live life fully, Dottie speaks from her heart to the reader in a way that seems so direct that we come to feel a real personal coaching connection that speaks not only to athletes but to anyone, inspiring us as we face our own life challenges.

Today, more than 18 years after almost being overcome by CF, she is an author, mother, professional empowerment coach, motivational speaker, US Transplant Games athlete medal winner and a Nike runner. She dedicates her book to son Liam, for whom “she will fight to take her every life breath” with love. With a passion in life to help others, she uses universal principles and her own amazing story to show how we too can achieve whatever our own dreams may be through faith, goal setting and determined action. Feel that connection as in her own closing words, she writes:

“I believe in you and now it’s time for you to believe in yourself, more than you ever have. This present moment is all we have to live in. The past is gone. The future may never arrive. Be determined and be fearless, NOW and LIVE LIFE FULLY! – Yours in Faith, Dottie”

And that seems to sum it up. This is a book I would recommend for everyone, but especially one to be offered as a gift for your loving family or friend who is facing what may today seem insurmountable walls, a gift that will lift them up with hope and determination in its reading.

Note: This hardback book is available on-line at Amazon and Barnes & Noble. Also learn more on Dottie’s web site: dottielessard.com



Reviewer bio: Jim Gleason, receiving his own heart transplant Oct. '94, retired after 37 years with Unisys Corporation in 2005, is a volunteer with NKF, UNOS, TRIO and the Gift of Life Donor Program in Philadelphia, as well as a nationally recognized speaker and author. His own book, **A Gift from the Heart**, is offered in thanks to his donor family and can be obtained on a CD without cost by contacting him at GleasonJim@aol.com