



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

By Elaine Roberts Schaller

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...



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