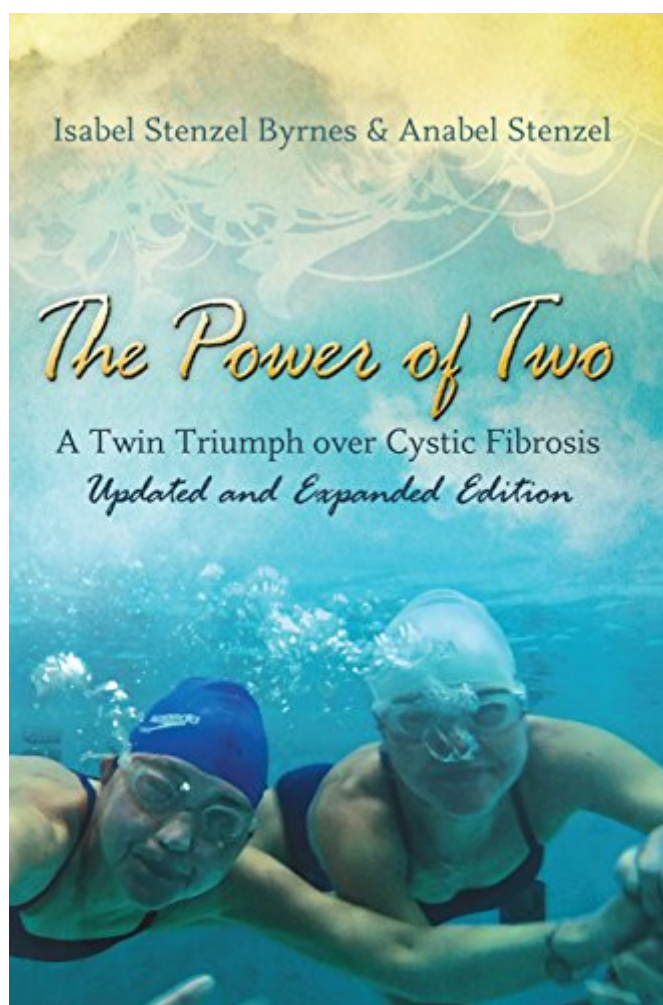


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# The Power Of Two: A Twin Triumph Over Cystic Fibrosis, Updated And Expanded Edition



## Synopsis

For most people, a diagnosis of cystic fibrosis means the certainty of a life ended too soon. But for Isabel Stenzel Byrnes and Anabel Stenzel, twin girls with the disease, what began as a family's stubborn determination grew into a miracle. The tragedy of CF has been touchingly recounted in such books as Frank Deford's *Alex: The Life of a Child*, but *The Power of Two* is the first book to portray the symbiotic relationship of twins who share this life-threatening disease through adulthood. Isabel and Anabel tell of their lifelong struggle to pursue normal lives with cystic fibrosis while grappling with the realization that they will die young. Their story reflects the physical and emotional challenges of a particularly aggressive form of CF and is an honest and gripping portrayal of the daily struggle associated with long-term hospitalization, the impact of chronic illness on marriage and family, and the importance of a support network to continuing survival. Born in 1972, seventeen years before scientists discovered the genetic mutation that causes CF, the Stenzel twins endured the daily regimen of chest percussion, frequent doctor visits, and lengthy hospitalizations. But in the face of innumerable setbacks, their deep-seated dependence on each other allowed them to survive long enough to reap the benefits of the miraculous lung transplants that marked a turning point in their lives: "We have an old life—one of growing up with chronic illness—and a new life—one of opportunities and gifts we have never imagined before." In this memoir, they pay tribute to the people who shaped their experience. These two remarkable sisters have much to teach about the power of perseverance—and about the ultimate power of hope.

## Book Information

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## Customer Reviews

I agree with what Tiffany wrote before me. I'm also an adult with CF, just hit 30. I had considered writing my own little CF memoir, but these girls did such an awesome job with their vivid depiction of their experiences, thoughts and emotions throughout their lives, they covered it all. Their journey brings you into the world of all stages of CF from everyday maintenance to near death experiences, how it's changed since the 70's, the treatments, the pain and the joy in meeting others in this special CF club. As others have said, this book covers so much more. With a German father and Japanese mother, they take you through life as biracial twins in America and Japan, their travels around the world, and the amazing support they found in family and each other, then much much later boyfriends. Their story is brutally honest about their experiences, and they've had some tough ones. What I loved most was this honesty and ability to infuse some funny in their situations and not take themselves too seriously. It's refreshing. The narration of their mother was hilarious, even though she's their biggest supporter it seems. My only complaint is I'm jealous they went to CF camp and met Bob Flanagan, the camps were gone by the time I knew they existed. Brilliant girls, thank you!

Having known and loved Ana and Isa for at least 15 years and being a mom of one of their close friends who is an adult with CF I am so grateful to them for writing this book. The raw honesty and intimacy of sharing their lives is unusual. We live with CF in so many hidden ways. It is behind closed doors where much of the struggles occur whether being the disease processes, treatments or personal grieving. Being able to share a true picture of what it is like to deal with CF or any life threatening chronic illness is difficult at best. You know when people ask, how is it? We usually say, "fine". But the story about CF is far more complicated than, "fine". Thank you Ana and Isa for telling your story that is so readable so that I can share it with my family. Perhaps this will give them a glimpse into our lives that is so hard to share in words other than, "fine". May it be read widely and a greater understanding into the lives of those that live with these challenges be better understood.

This may be one of the clearest views into the truth of what life is like with Cystic Fibrosis. Ana and

Isa are candid, heartfelt, and funny as they share their struggle together with CF. This is a great book about two incredible and wonderful sisters and I can not recommend it enough!

Amazing book!

This story brought me to tears and left me smiling. Isa and Ana are talented storytellers and I would highly recommend this book for anyone - especially those wanting to know more about cf or transplants.

Incredible !

I personally know the authors who are the best of the best. Two more intelligent, thoughtful, and brave women do not exist.

This book is extremely inspirational and it was great to connect to others with CF and it truly motivated me to take better care of myself. I pray one day SOON there will be a cure for CF. I highly recommend reading this book!

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