



Kathy Mydlach Bero
608-698-4129
www.kathymydlachbero.com
info@kathymydlach-bero.com

Kathy Mydlach Bero's remarkable recovery from two rare and aggressive forms of cancer, took her advocacy work into a whole new arena. She is an award-winning, best-selling author, speaker, consultant, reiki master and integrative health and cancer coach, working to change the way we look at chronic disease.

Kathy is the 13th Annual National Indie Excellence Award Winner for **Best Motivational** book, the 2019 Book Excellence Award Winner for **Best Memoir**, a 2019 International Book Awards Finalist for **Best New Non-Fiction** and a 13th Annual National Indie Excellence Award Finalist in **Alternative Medicine** books.

Prior to her cancer diagnosis, Bero's work ranged widely to include advocacy, facilitation, and consultation along with leadership development in the U.S and abroad. Bero has been recognized nationally for her significant contributions in environmental advocacy and education, and executive produced the two-time Emmy award winning documentary **WORTH FIGHTING FOR**.

Her award-winning book **E.A.T. An Unconventional Decade In The Life Of A Cancer Patient** was written in journal format, and is based on the 18 journals Kathy kept during her battle with two rare and aggressive cancers. Refusing to accept the prognosis of death, she found herself tallying the limitations of conventional medical protocol, which led to her conviction that neither cancer nor doctors would determine her fate. Despite taking advantage of everything her hospital had offered, Kathy's body was failing and she spent her days living half dead.

Her story is an intimate portrait, chronicling the frustrations and hardships of taking on a harrowing battle within the context of our healthcare system while illuminating the path she traveled to self-advocate, evolve her thinking and transform her life from merely surviving to thriving. It's a must read for anyone suffering from chronic disease, treating patients or simply looking for a more proactive approach to wellness.



It is her steadfast belief that true health care reform starts with clean, high quality food together with energy healing modalities that deepen our spiritual connection to not only improve the quality of our lives but prevent disease, improve disease outcomes and prevent recurrence.

“When one door closes another will open, if you just turn the knob.” – Kathy Mydlach Bero