



Kathy Mydlach Bero

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Kathy Mydlach Bero is an award-winning, best-selling author, speaker, Reiki master, Jikiden Reiki practitioner, and integrative health coach, changing the way we look at preventing and recovering from chronic disease. Her success over two aggressive, late-stage cancers is being analyzed in Harvard University's People Powered NEER study. Kathy has worked internationally in environmental advocacy and women's leadership development. Kathy executive produced the two-time Emmy award winning documentary WORTH FIGHTING FOR and has been recognized nationally for her significant contributions in environmental advocacy.

E.A.T. An Unconventional Decade In The Life Of A Cancer Patient is a journal-type narrative written from the 18 journals Kathy kept during her battle with stage IV inflammatory breast cancer and a high-grade head and neck cancer. Despite taking advantage of everything her hospital had offered, Kathy's body was failing, leaving her to live each day half dead. As she tallied the limitations of conventional medical protocols, Kathy embraced the challenge cancer had offered her and discovered she had exactly what it took to change her life and thrive cancer free. This is a manual of hope for anyone confronting serious illness or simply looking for a more proactive approach to wellness.

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