

"Amy Scher is a brave warrior and a wonderful writer."
—ELIZABETH GILBERT, #1 New York Times bestselling
author of *Eat, Pray, Love* and *Big Magic*

THIS IS HOW I SAVE MY LIFE



From California to India

A TRUE STORY OF FINDING EVERYTHING
WHEN YOU ARE WILLING TO TRY ANYTHING

AMY B. SCHER

*Author of *How to Heal Yourself When No One Else Can**

Amy B. Scher

This Is How I Save My Life: From California to India, a True Story Of Finding Everything When You Are Willing To Try Anything



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From "a brave warrior and an excellent article writer""After exhausting most of her options in the US, she discovered a possible cure--but it was an extremely experimental stem cell treatment, only available in India, and had as a lot of a possibility of killing her since it did of curing her.This book helps you to save your life.13 most effective memoirs" ll ever do. As it happens that occasionally, you can only find everything if you are willing to try anything ...When everyone quit on her, - find itWhen Amy B. Scher was struck with undiagnosed late-stage, chronic Lyme disease, the very best physicians in America labeled her condition incurable and potentially terminal. Deteriorating quickly, she continued a search to save her own life--from the very best experts in LA and the world-famous Mayo Clinic in Minneapolis to a state-of-the-art hospital in Chicago.Eat Pray Like.s heartwarming and hilarious trip from near-death in California to a trip around the world searching for a cure from debilitating Lyme disease.Knowing the hazards and armed with her self-made motto "when lifestyle kicks your ass, kick back," Amy convinced her loving but neurotic Jewish parents, packed her bags, says THIS IS ONE WAY I Save My Life is .we will be the healing we'This Is How I Save My LifeThe most-liked book on New York City's Subway ReadsOff The Shelf called it one of the The real story of a fiery young woman'Amy Scher is a brave warrior and wonderful article writer."LA Review of BooksOne Amazon reader, writes, author of Eat, Pray, LoveVikas Swarup, writer of Slumdog Millionaire and flew around the world anyway."a heartwarming and inspiring tale that will change the way you look at existence."" - Elizabeth Gilbert, #1 New York Times bestselling writer of In her stunning new memoir, the refrain "Compliment for ve been waiting pertaining to" ringsthroughout.. a lovely testament to resilience that veers from the comical to the tragic."she risked her own life to - Elizabeth Gilbert, #1 NY Times bestselling " Obtain it today!Available in hardcover, ebook, and audiobook read by the writer - Amy will teach you on the subject of the existence of miracles when it seems all hope is shed, how chocolate cake can help you keep the faith and why telling yourself the truth is certainly more important than other things you'On the way, she discovers a world of cultural mayhem, goats putting on sweaters, radical medical treatment, an urgent romance, and, most importantly, a bit of her life she by no means also knew she was missing.



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A wonderful memoir with so very much depth!S.. I sensed like I was there with her through her whole trip. She was plagued with debilitating fatigue, limited mobility and a battered disease fighting capability. India held an intriguing promise of wish, a maverick doctor with a new process and a belief in the body's capability to help heal itself. Scher's publication demonstrates the wonder of stem cells to restore some physical vitality to her illness-ravaged body. Its so beautifully created and insightful ! Truly inspirational! The effect is transforming. Scher discovers a deeper sense of personal and sustainable wholeness along the way. This is not really the typical sickness to wellness book. While that part is usually interesting and compelling, it is Scher's internal transformation this is the most engaging and fantastic part of the reserve. She started as a wary, worried affected individual who made a medical "pilgrimage" to an unfamiliar country, and emerges as an unbiased person, assured in her capability to survive and weather the storms of lifestyle. What a heart-warming & Scher writes with humor, honesty and real exuberance. This is a terrific read, both heart-wrenching and inspiring This is a terrific read, both heart-wrenching and inspiring. A joyful, enlightening examine that leaves a long lasting impression. ..Sometimes Shit Just Runs Sideways! Tore through "This is How I Save My Life" in 24 hours! This book will appeal to anyone fighting chronic, life-threatening illness or merely the issues of day-to-day living.. After scanning this book, you will notice Amy as such as amazing warrior. She uses f-bombs without apologizing and brings light, like, and humor in posting her story of overcoming chronic disease. As anyone who has also handled chronic illness, I possibly could relate to all of the ups and downs & expectations and crashing despair that Amy captures with superior clearness and honesty. Amy's genuine tone of voice shines on each page (hence the title of this review). This book is filled with courage, love, and inspiration. I only want Amy had shared more of: a) how long it got to heal her body b) how she realized what trapped and unprocessed emotions to clear. Besides that, mandatory read! Congrats, Amy! Engrossing! I usually get samples of Kindle books before I buy them. I nearly didn't want to love this book because it cost a lot more than I normally pay for a Kindle reserve! The writing is beautiful, poignant, and honest. As anyone who has "invisible " chronic illnesses, I was very thinking about her journey. Browse this in two days and couldn't place it down. Among the best books chronicling the long dark journey into the depths of persistent illness (and where to find the light). touching and funny. Universal Epiphanies I read Amy's publication as she was a guest on my health podcast.. Amy saved my life again. This inspiring book takes the reader on the author's real-life, courageous journey of healing. It's written in language that's heartfelt and honest, touching and funny. At that time, she'd spent nearly ten years chasing a go back to elusive health. Sometimes I laughed aloud at her humorous way of looking at items and occasionally I cried. I possibly could relate to her expectations, fears, and willingness to try anything to heal, not knowing yet that she would get a lot more than she ever dreamed. Passes time Slow browse What an amazing book! Each chapter is as compelling as the last and it's hard to place the reserve down. Can't wait around until she writes another publication! The author is usually relatable and her story is remarkable. Don't lose out on this AWESOME memoir from Amy B. Scher. inspiring story!REALLY! I'm glad I listened This Is How I Save My Life is uplifting, inspiring, heartwarming, relatable, and hilarious. The reader takes the remarkable journey with Scher, motivated by her strength and sheer tenacity. Who knew reading about chronic illness could be therefore entertaining? But, truthfully, this book is about so much more than a health journey. It really is a meditation on living, loving, and humanity's ongoing have a problem with control in a global where so much is out of our hands. A must-read for anybody suffering from any chronic health or looking for a refreshing change in perspective!! It really is a tribute to the resiliency of the human spirit, heart, and physical body. I examine it in 2 days. After that listened to it once again in 4--since Amy narrated it, I wanted to hear how she browse it. I LOVE THIS BOOK! What a gift--Amy and this book!! Lyme as a Messenger You can travel the world heading in one remarkable healer to the next, but the one who does the real healing is YOU. Therefore courageous! I purchased another publication by her, as soon as I finished that one.. Her first reserve "How exactly to heal yourself when no

one else can" exposed a whole " new world " to me about self-curing and discovery. Her newest reserve, "This is one way I Save My Life", is completely captivating. Yet, when other complications arise, she realizes that she must also do the difficult work of finding how exactly to heal herself from within. I sensed like I was in India with her and her parents. Amy grabs your center with her vulnerable honesty, and her ever present love of life definitely warms you through the chilling tales of her discomfort and sickness. This is one of those books that has stolen my heart, as I could not really put it down once I began it. Would highly recommend. India, Hope and Healing Scher travels to India for bold, controversial stem cell treatments for her advanced Lyme disease after exhausting her options in the U. Wow - this book was such something special and is currently on my set of preferred memoirs! The storyline acquired me engaged from beginning to end. A wellness crisis of the magnitude of Scher's is normally weighty material, however she writes about it with the perfect balance of poignancy and humor. And the realizations she gets to at the end of her trip are profound - I was not expecting that twist, but damn, she nails it! This book is engaging from begin to finish. I experienced like I was there with . Her composing is beautiful and you will laugh and cry while reading her memoir. I possibly could also feel occasions of pleasure, frustration, and triumph in her book. Must read for anybody with Lyme, fantastic. So Inspiring! She gives anyone coping with chronic illness wish that the answers to heal your body lie within. A great read for all those on a path of healing, along with folks who are experiencing health and wellness. I have read her best-selling book How exactly to Heal Yourself When No One Else Can and she is also very sincere about assisting other people in their healing journeys. A real life Heroine! Her book transcends wellness and is a great guide to learn the way the universe truly works. This essential read book for anyone with Lyme disease. It really is funny, interesting, heartbreaking and hopeful all at one time. I'm pleased I listened. I started an online book club and this may be the first book we read. EVERYONE enjoyed it. Amy's experience is definitely a courageous one and provides me wish. From the 1st chapter, I possibly could definitely relate to Amy's journey as I've had alot of the same common epiphanies she shares in the book. It was amazing to witness her wellness trials and tribulations while emotionally riding the ups and downs of her encounters. This is an excellent book for a club or to browse by yourself. It is upbeat and overly busy. This author is so talented, along with down to earth, compassionate and full of life and laughter. Once I browse the sample, I "had" to get the complete book.! Truly inspirational! She mines the dark parts of her existence that she has managed to tamp down, embraces her fears and lets go of her have to control outcomes. In the event that you appreciated Eat Pray Like, I highly suggest this publication! Amy becomes the real hero of her personal life and healing journey and she inspires me to want to do the same in mine.



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