



# From the Heart: A Wife's Struggle with Cancer, A Husband's Journey of Love

*Bruce Lugen*

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This book has become not only a poignant tale of a husband caring for his dying wife and the process of healing following her death, but also a book about a relationship awakening, about longed-for intimate moments found, and about the imprints Teresa's life has left on those she left behind.-From the Foreword by Henriette KellumBruce Lugo lost his wife of fifteen years, Teresa Wilk, to inflammatory breast cancer in 2000. For fifteen months, the couple had climbed mountains of hope and descended into valleys of despair. Together, they share their emotionally charged journey in this deeply moving collection of journal entries and letters written by both husband and wife during Teresa's illness and after her death.Teresa was many things, a social worker, mother, stepmother, friend, artist, writer and wife. She was strong, smart, talented, independent, compassionate and always curious about life. For Bruce, Teresa's death marked the beginning of a powerful pilgrimage of grieving and rebuilding. Their struggles and triumphs, in their own unedited words, celebrate a loving marriage and family, honor both life and death, and express gratitude for the continuance of life after the unimaginable loss of a beloved spouse.From the Heart is a meaningful tribute not only to Teresa, but also to the memories and lives of the many courageous women and families who have faced breast cancer.



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