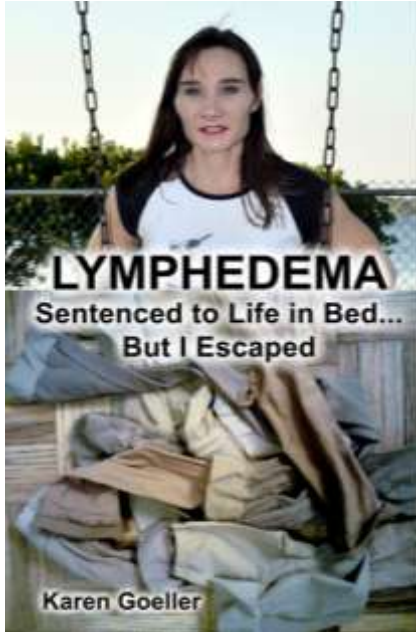


## For Immediate Release: Sentenced to Life in Bed, but She Escaped

For: Karen Goeller Wall, NJ

Contact: Karen Goeller 908-278-3756 karen@karengoeller.com



Karen Goeller just keeps writing. Surprisingly, her latest book has nothing to do with fitness or gymnastics. This one is MUCH more personal.

On Halloween day it will be the **20 year anniversary of her cancer surgery**. No worries, she beat the odds and has been cancer free ever since the surgery. Research at the time stated she would only have a 5% chance of survival after five years, that's a 95% chance of dying.

Karen Goeller's new book, **Lymphedema... Sentenced to Life in Bed, but I Escaped**, tells the story of how she dealt with a cancer diagnosis at age 24. It tells how she cared for her lymphedema after the surgery.

The reader will see how Karen Goeller went from being the bed-ridden patient to who she is today. Karen Goeller has accomplished great success after the doctors told her that she would never work again. Twenty years later Karen Goeller is living a full life, the life she was told she would never have.

Karen Goeller wishes to help others dealing with lymphedema with her tips on exercise, resources, and other daily care recommendations. Readers will be inspired to push themselves to beat the odds, accept the challenge, and reach their goals.

Karen Goeller's book is now available in e-book and print through her publisher, Lulu. It will also available through Karen Goeller's websites on or before Halloween day. And shortly after that this book will be available through many major book retailers.

Here's the link to **Lymphedema... Sentenced to Life in Bed, but I Escaped... [www.LymphedemaBook.com](http://www.LymphedemaBook.com)**

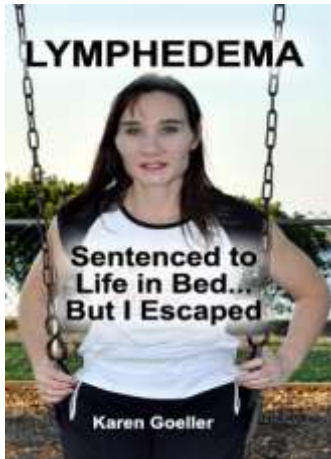
To read Karen Goeller's blog go to **[www.KarenGoeller.com](http://www.KarenGoeller.com)**. She is available for interviews, book signings, and consulting work. Call **888-496-8749** for more information.



**[www.LymphedemaBook.com](http://www.LymphedemaBook.com)    [www.KarenGoeller.com](http://www.KarenGoeller.com)**

# Health Book: Lymphedema... Sentenced to Life in Bed, but I Escaped

By Karen Goeller, CSCS



**Take a look at these book reviews!!!**

Do the one thing you think you cannot do. Fail at it. Try again. Do better the second time. The only people who never tumble are those who never mount the high wire. This is your moment. Own it. OPRAH. Oprah says it best and I truly believe she had you in mind. The way you keep pressing on in life despite your setbacks is truly a miracle. I read your book cover to cover in one sitting. I could not put it down! You truly are an inspiration for anyone suffering from any ailment. Thank you for informing us and writing such a real account of the trials, setbacks, and then uphill battles that you encountered during a desperate time to just survive in your life. You are an incredible woman and give hope to us all! Thank you... By Dale

As I've journeyed through life, one lesson I've learned is that every person in my life who has inspired me has gone through some sort of life altering event. Think about that for a minute and I challenge you to find someone who has not. Ghandi, Martin Luther King, Jr., Abraham Lincoln, Oprah, Joseph in the Bible, the list goes on. The reality is that as harsh as it may seem at the time, without that hardship to mold and transform you, you would not have grown as greatly as you did in the end. Their stories have a common thread. One of humbleness, perseverance, a will to succeed, and hope. Karen's story is no exception. I add her to the list of greats who have inspired me. You need to read her story. You won't regret it! By Dan Speltz

Karen's story will move and inspire you. If you are looking to read about an incredible journey of tenacity and the will of a spirit to live and succeed, you need to read her story. It will reinvigorate you on life. Why can a whale lift it's own body out of the water yet a single human cannot? Well I've heard it said because no one told it, it can't. Despite being told by many that she couldn't, Karen DID -- I say its because she never gave up or accepted a set of cards she couldn't live with. Her journey will touch you -- it is one that should not be missed. Highly recommend! By Jennifer Dunn

I am rarely one to find myself tearing while reading a book however this read was one of those times. Karen's story gripped me. It is a heart wrenching, yet inspiring, tale of a woman who surpassed all odds. Her story will inspire and motivate you. This is definitely won of those tales you don't want to miss! I am adding it to my Christmas gift list for friends this year. I absolutely loved it! By Samantha Renae Norris

**Please send your reviews to [Karen@KarenGoeller.com](mailto:Karen@KarenGoeller.com).**

**[www.LymphedemaBook.com](http://www.LymphedemaBook.com)    [www.KarenGoeller.com](http://www.KarenGoeller.com)**