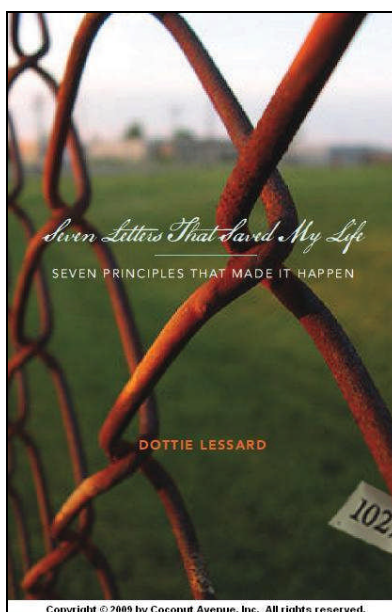



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**Seven Letters That Saved My Life®**



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### **BOOK ANNOTATION**

Can you make it to the fence? No matter how bad things look, do you have the energy, the motivation, to take another breath, another step?

Are the obstacles, the fences, in your life real? Or are they self-imposed? For Dottie Lessard, the obstacles were all too real. Afflicted with *cystic fibrosis* she underwent double-lung replacement only to have heart-breaking complications that required more surgery—this time a kidney transplant. Not only did Lessard survive these life-threatening medical conditions, she thrived to become an athlete, a professional NIKE athlete.

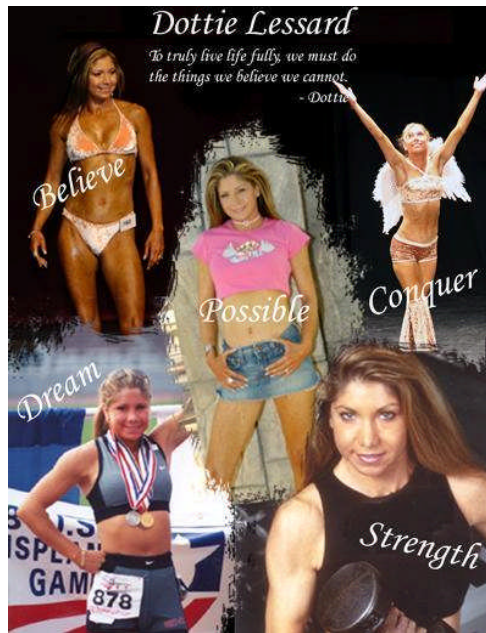
The secret to Dottie's amazing success? Seven simple letters, A-T-H-L-E-T-E. Letters that saved her life and empowered her to live her dreams. *Seven Letters That Saved My Life* takes us on Dottie's moving journey from conquering debilitating illness to literally climbing mountains with transplanted lungs. Combining personal insights with powerful motivational principles and affirmations, Dottie guides us in finding our own inner strength and inspiration.

Dottie's seven letters and seven principles are not just for athletes. They can be used by anyone in any physical condition, life situation, or occupation to face and overcome challenges and obstacles. Dottie's words will motivate you and help you achieve anything that you decide to accomplish, do, or become.

Testimonials for this book include, **Dr. Denis Waitely**, Best Selling Author of "*The Psychology of Winning*," **David Willey**, Editor-In-Chief, *Runner's World Magazine*, President, American Society of Magazine Editors, **Laura Bonnell**, New Reporter, WJR Radio, Detroit, **Candy O'Terry**, Creator and Co-host of the Award-Winning Radio Program, *Exceptional Women*, Magic 106.7, Boston, **Susan Hartman**, Associate Publisher/Marketing, *Runner's World Magazine*, **Ellie Schlam**, Director of External Communications, National Kidney Foundation, Organizer of the U.S. Transplant Games and **Melanie Strong**, *Nike Running*.

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## MEET DOTTIE LESSARD



**DOTTIE LESSARD**, is a two-time organ transplant recipient, mother, author, personal empowerment coach, motivational speaker, and professional athlete. Dottie was born with the chronic lung disease *cystic fibrosis* but with the heart of an athlete. Dottie underwent a bilateral lung transplant and died twice on the operating table. She survived the operation to become an athlete.

However, post-operative complications and medications caused kidney failure, requiring Dottie to undergo a kidney transplant. Never losing sight of her dreams and with a clear and determined focus, Dottie fought her way through surgery and recovery to become not only an athlete once again, but a professional one under contract with NIKE.

Dottie's amazing story has been featured on radio including *Magic 106.7* in Boston, on television, including *HBO Real Sports*, in numerous newspapers and magazines, including the *Boston Herald*, *USA Today*, *Experience Life*, *Fitness*, *Runner's World* and others.

Dottie lives with her son, Liam, in her hometown just outside Boston, Massachusetts. Visit Dottie online at: [dottielessard.com](http://dottielessard.com).