

FARIDA RIZWAN

I was breast-feeding my 11-month old daughter.
And that's when I got the news.

I had breast cancer. I was just 29.

Financially, my entire family was going through a
very rough patch.

And the history of cancer ran in my family. My dad,
mom and sister had succumbed to this disease.

Nevertheless, I was strong.

My belief was: 'Cancer cannot defeat me. Instead,
I will beat it – fair and square'.

In this fight, my husband and kids have been a
great source of strength and motivation.

I also run a blog, named 'Chapters of my life' and
also do counseling with various support groups.