

How Fighting For My Life Taught Me How To Live

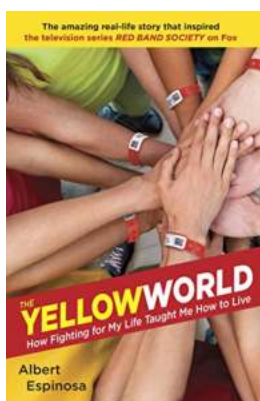


YOU TAUGHT ME
HOW TO FEEL THE
BUTTERFLIES
OVER AND OVER AND
OVER AGAIN

Life is a beautiful journey, filled with ups and downs that shape us into who we are. But what happens when our life takes an unexpected turn, and we find ourselves fighting for survival?

My story is one of overcoming immense physical and emotional challenges, and how those challenges taught me the true meaning of living. Back in 2015, I was diagnosed with stage 4 cancer, and suddenly, my whole world turned upside

down. The battle that ensued was not only fought in hospital rooms and through medical treatments but also within my own mind and heart.



The Yellow World: How Fighting for My Life Taught Me How to Live by Albert Espinosa (Kindle Edition)

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1477 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 178 pages



Being faced with a life-threatening illness forces you to confront your own mortality. It wakes you up to the realization that life is fragile and that every day is a gift. Despite the constant fear and uncertainty that engulfed me during that time, I made a conscious decision: I was not going to let cancer define me.

Throughout my journey, I learned many valuable lessons that transformed my perspective on life. One of the most powerful was the importance of gratitude. When facing mortality, you become acutely aware of the blessings you might have taken for granted. From the simple joy of feeling the warmth of the sunlight on your skin to the love and support of family and friends, every moment becomes precious.

Another transformative lesson was the strength of the human spirit. During my darkest times, I witnessed the extraordinary courage and resilience of those around me. Fellow patients fighting their own battles, medical professionals

pushing the limits of their expertise, and loved ones providing unwavering support taught me the power of unity and compassion.

Moreover, the experience taught me to embrace vulnerability. Admitting my fears and allowing others to see my pain was both liberating and empowering. It created deep connections with the people I encountered along the way and revealed the strength that lies within our shared vulnerability.

Living authentically

Surviving cancer also pushed me to reevaluate my priorities and live authentically. It made me question the significance of the material possessions that we often chase after. Instead, I realized that what truly matters are our relationships, experiences, and personal growth.

For so long, I had been rushing through life, always striving for the next goal or milestone. Cancer taught me to slow down and savor each moment, to find beauty in the simplest of things. It awakened a deep appreciation for life's small pleasures and taught me to be present in the here and now.

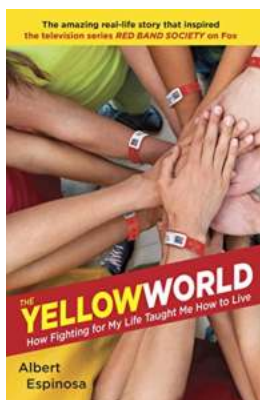
Shortly after completing my treatments, I made a bold decision: I quit my high-paying job that had been a major source of stress and unfulfillment. Instead, I pursued my long-lost passion for writing and photography, determined to make a difference in the world.

Through sharing my story of survival and using my creativity to inspire others, I discovered a newfound sense of purpose and fulfillment. Every day, I wake up grateful for the opportunity to make a positive impact and to live life on my own terms.

Life is unpredictable, and none of us know what lies around the corner. However, it is during the most challenging moments that we have the chance to truly discover ourselves and what gives our life meaning.

Fighting for my life taught me how to truly live. It taught me the value of gratitude, the strength of the human spirit, the power of vulnerability, and the importance of living authentically. Today, I am grateful for every breath I take and every step I make on this incredible journey called life.

So the next time life throws you a curveball, remember that it is in those moments of struggle that you have the opportunity to grow, to learn, and to truly live. Embrace the challenges, trust in yourself, and never lose sight of the beauty that surrounds you.



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A sensational memoir with all the emotional power of *The Fault in Our Stars*, *The Yellow World* is the story of cancer and survival that has moved and inspired readers around the world. My heroes don't wear red capes. They wear red bands.

Albert Espinosa never wanted to write a book about cancer—so he didn't. Instead, he shares his most touching, funny, tragic, and happy memories in the hopes that others, healthy and sick alike, can draw the same strength and vitality from them.

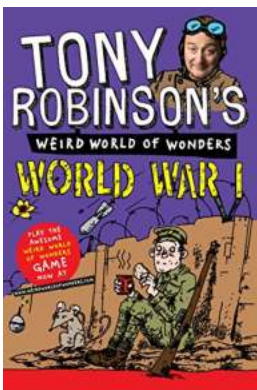
At thirteen, Espinosa was diagnosed with cancer, and he spent the next ten years in and out of hospitals, undergoing one daunting procedure after another, starting with the amputation of his left leg. After going on to lose a lung and half of his liver, he was finally declared cancer-free. Only then did he realize that the one thing sadder than dying is not knowing how to live. In this rich and rewarding book, Espinosa takes us into what he calls “the yellow world,” a place where fear loses its meaning; where strangers become, for a moment, your greatest allies; and where the lessons you learn will nourish you for the rest of your life.

U.K. praise for *The Yellow World*

“With its uplifting message and simple philosophy, [*The Yellow World*] has the makings of a spiritual classic.”—*The Sunday Times*

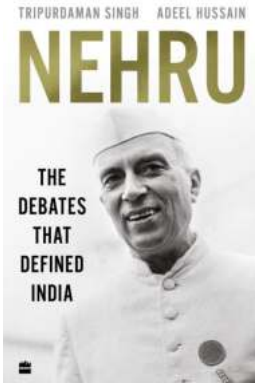
“[An] energetic rush of a book . . . that shines with comedy and grace.”—*The Independent*

“Heartwarming . . . the book everyone’s talking about.”—*Mail on Sunday*



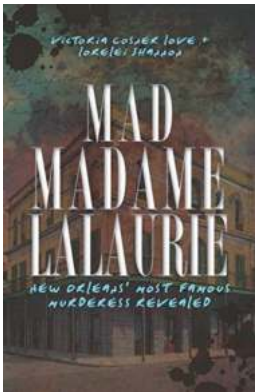
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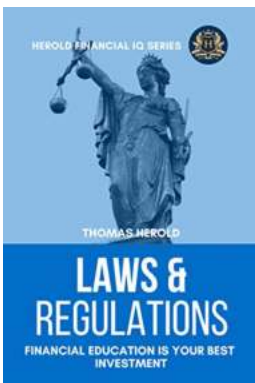
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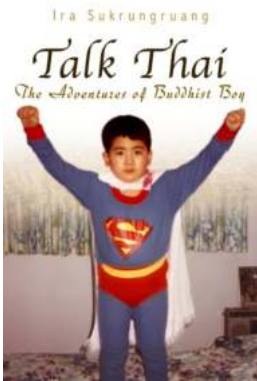
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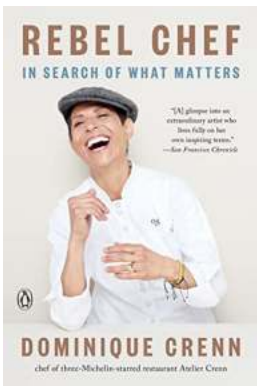
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