



Unexpected Blessings: Stories of Hope and Healing

Roxanne Black

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"Roxanne's heartfelt experience reminds us of the sacred experience we all share." Mehmet C. Oz, M.D., coauthor of *YOU: The Owner's Manual*

Beautifully drawn stories of hope, healing, and courage illuminate the unexpected blessings that lie beyond the hurdles in life. When Roxanne Black was only fifteen years old, she was diagnosed with lupus, a chronic inflammatory disease. As a teenager with a rare and potentially life-threatening illness, Roxanne yearned to connect firsthand with others who knew what she was experiencing. So she made the decision to turn her diagnosis into something positive. Working out of her hospital bedroom, she founded Friends' Health Connection, which is now a nationwide community that matches people with similar health conditions for friendship and mutual support.

Unexpected Blessings brings to life Roxanne's moving personal story, as well as the wisdom and lessons of courage she has learned over the years from famous leaders and celebrities, as well as everyday heroes standing strong against adversity. We meet Sara, an eight-year-old mature beyond her years, who is struggling with AIDS and the loss of her mother, and Ruby, a chronically ill woman whose devoted husband eases her pain. We experience Roxanne's poignant encounter with Christopher Reeve before his death, and also see unbelievable kindness and acts of love-family members offering transplant organs to save loved ones, strangers supporting one another through crisis, and more.

These powerful stories and reflections weave together a rich tapestry of hope, comfort, and inspiration, and serve as reminders of the incredible resilience of the human spirit in the face of overwhelming challenge. In this gorgeously written book, Roxanne Black reminds us of the courage we all possess.

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