

## About author Anneke G.J. Adams

*"Think of this book as my gift to you and I hope that my testament gives visibility and strength to anyone going through this to define themselves, and transform their negative, silence, and insecurities into positive actions. You will have to step out of your comfort zone, take action, and push yourself, but we will celebrate the small wins and do not forget that it is hard to beat a person who never gives up. Magic is believing in yourself, if you can make that happen, anything is possible."*

~ Anneke G.J. Adams



Anneke Adams is a six-time cancer survivor and an inspiring Belgian/American author, motivational speaker, and health coach with a vision. After battling cancer for twenty years, she decided to dedicate her life for the service of brave men and women battling cancer, their caretakers, and family. Her diagnose in 2019 led Anneke to found "How to Cancer 101," a non-profit that raises funds through live storytelling performances, publishes a book, conducts support groups for patients, survivors and caretakes. During her many battles of cancer, rape, and loss of a loved one, she never lost her positive attitude and smile. She has inspired so many people with her story, motivational posts and has touched many hearts.

### The Story Behind How to Cancer 101

Anneke GJ Adams, a Belgian-American woman, and the author of a book written for cancer awareness along with a foundation dedicated to the welfare of cancer survivors and caregivers. Both her book and her foundation are titled *How to Cancer 101*. She can proudly tell you that her book has just been completed and it is ready for publication, while her foundation is also getting stronger with her as she recovers each day from the most painful experience of her life.



When she was diagnosed with cancer for the 6th time, as oddly as it may sound, she felt suddenly that she had finally found her calling. Anneke realized that the purpose of her calling or this spiritual awakening if you will, was to help, support and guide cancer patients, sexual assault victims, and people who have lost their loved ones and their families.

Being a six times cancer survivor is not easy all, but she is proud that she was able to overcome all the physical and emotional pain, and she came back stronger and more determined with a purpose in life and an awakening of a lifetime. Anneke wants to be remembered as a fighter, a warrior, an inspiration to many, a motivation, and she wants to be the hope in your soul to keep fighting and to not allow anyone else to determine your own life expanse but yourself and God.

As a child growing up in Western Europe, she grew accustomed to eating the natural, non-preservative types of food that were only grass fed, grown and raised in Europe as a normality. A place where your bread must be thrown out after three to 4 four days, as it is no longer edible. Where beef, chicken or pork is not the size of two normal fists as opposed to one. A meal that was not pumped with steroids and preservatives as here at some places.

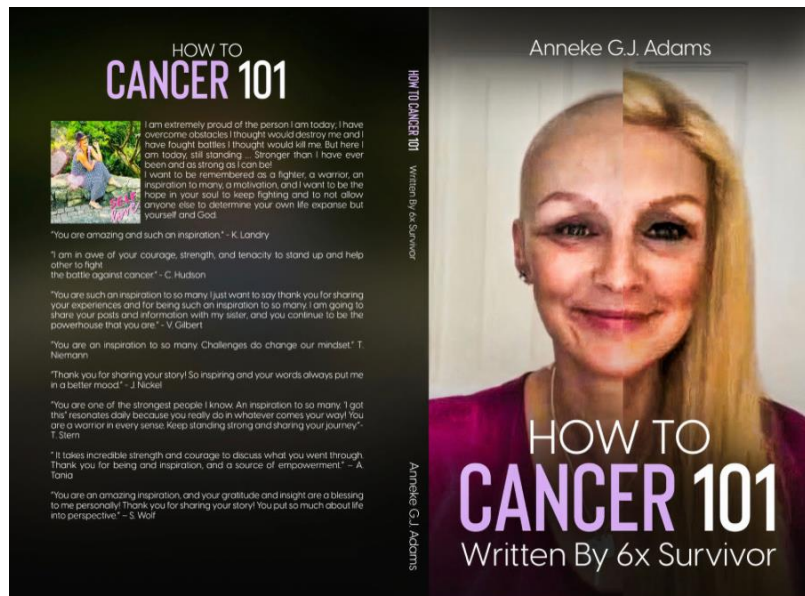
In middle school she remembers sticking up for the one who was mentally challenged and would always be picked on by the bullies. What was little old her going to be able to do, but she stood her ground or something anyway. She must have ended up upside down in the trash can on the school's playground almost every day for a year for opening her mouth, but they never picked on him again, so my mission was accomplished.

Eleven years after moving to the United States from Belgium, Anneke was diagnosed with a Stage-3 breast cancer, hormone estrogen and progesterone receptor positive, which came in an aggressive kind. This was her toughest cancer, she was also diagnosed with her sixth cancer during battle number five, which was a Stage-2 Melanoma on her foot.

More than 8.5 million women worldwide are diagnosed with cancer each year, but the word 'C' is not something anyone expects to hear.

### The Book

*How to Cancer 101* is a 101 on getting through cancer, and the book is all about inspiration, positive attitude, divine power, HOPE, or spiritual connection with your higher self. The number 101 encourages you to stay focused on your divine power and divine truth in all ways. When something needs urgent attention, your angels will continuously send you this number until you understand what they are trying to tell you. The number 1 symbolizes great and happy times, while the number 0 represents a positive change. 101 is also a topic for beginners in any area and it has all the basic principles and concepts that are expected in a particular field. Let your mind focus completely on God.



Anneke's hobbies include cooking, meditation, traveling, and cooking. Her healthy cooking inspired her to start a YouTube channel called "Anneke Meets Vegan".

For more information check out Anneke's website at [www.annekejadams.com](http://www.annekejadams.com) and subscribe to her blog at [www.annekejadams.com/blog](http://www.annekejadams.com/blog).

Also, follow her on her social media sites.  
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