
Elizabeth Sargent

Elizabeth Sargent, triple negative breast cancer survivor by the age of 34, is co-founder of Breast Cancer Comfort Site—a virtual wellspring where breast cancer patients and survivors can gain nourishment and guidance through their metamorphosis. Elizabeth is an internationally acclaimed author, real estate developer, former promoter of the World Championship of Snowboarding, certified Yoga instructor and incredibly, a mom. Only one of these came before breast cancer—the snowboard contests.

Elizabeth holds a B.A. in Politics *cum laude* from Pomona College as well as a Masters with Honors from the University of Denver in Applied Communication – which she calls a Masters in Sales. At the age of 34, Elizabeth thought she was trying to convince her boyfriend, with whom she had spent a year traveling the world, to marry her and get her real estate business off the ground. It turned out she was going to be battling breast cancer, fighting for her life. Her diagnosis of a triple negative tumor combined with 7 cancerous lymph nodes and her young age made her doctors look very serious indeed. But she was herself and would not become a statistic – 60% to 90% chance of death, if you want to know; but it had been a 92% chance of survival with her mom’s breast cancer battle and she ultimately died when Elizabeth was 18.



In the middle of her fight she decided to write a book as well as begin her real estate development career by buying a 1925 apartment building in South Beach that needed to be rebuilt in place. She fought cancer and wrote the book and in this love letter to women she chronicles her “trip down the rabbit hole of her breast cancer treatment” to reaching the medically significant five year survival milestone and learning to fully live consciously. The book, *FIVE*, was published and praised for sharing “her journey, how she learns to receive life, live above the challenges, and meet fate head on.” Outstanding reviews continue and she has been profiled on WUSA 9 (CBS Affiliate).

And while finishing the building along came Tomy—the super surprise baby she thought the cancer treatment would rob her of. And the boyfriend became husband and the family moved to Costa Rica for the next two real estate development projects. In Costa Rica, Elizabeth was able to pursue her long time dream of spending a month at Yoga teacher training as well as co-write, with her childhood friend and fellow triple negative breast cancer survivor, Melanie A. Nix, *You Have Breast Cancer...Now What? Inspiration for Moving Through Breast Cancer Treatment, Planting Some New Roots and Blossoming Again* treatment journal. Which really ties in with what she has learned from her journey; **it is not that life is too short to live unconsciously – it is too precious.**