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Stacy Musial-Phillips is the author of Living Life to the Full: My Ironman Journey from Open-Heart Surgery to an Ironman Triathlon in Just Eight Months by Ellen

Nucleus 5 user's group - cochlear community

As I start to get back to my life, What a week this has been in my cochlear implant journey! After 11 months of struggling and I had my surgery just 8

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It's about Ellen Charnley who had heart surgery completing an Ironman triathlon only eight months com/Living-Life-Full-open-heart-triathlon/dp

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A few little words I wrote. I posted them on the Living Sober site and they were kind enough to include them in their inspirational quotes section :)

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Living Life to the Full. A new program at the Canadian Mental Health Association (CMHA), Ontario is supporting good mental health in older adults.

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