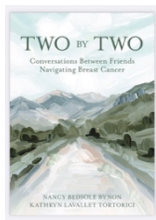


An impressionistic painting of a desert landscape. In the foreground, a winding path leads through a field of green and yellow cacti. The middle ground shows rolling hills and more cacti. In the background, there are mountains with peaks of orange and red, suggesting a sunset or sunrise. The sky is a mix of light blue and white, with soft, painterly brushstrokes.

TWO BY TWO

Conversations Between Friends
Navigating Breast Cancer

NANCY BEDSOLE BYNON
KATHRYN LAVALLET TORTORICI



TWO BY TWO

Conversations Between Friends Navigating Breast Cancer

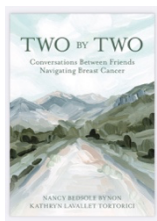
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TWO BY TWO

Conversations Between Friends Navigating Breast Cancer



Two women from Alabama release book sharing their experiences and the importance of relationships amidst breast cancer

Favorite Recipe Press, a division of Southwestern Publishing House, announces the publication of a spiritual memoir by two women with ties to Birmingham.

Two friends found themselves on the same journey when diagnosed with breast cancer simultaneously. Realizing their conversations provided great encouragement and wisdom for each other, they decided to share what they learned through writing. They hope to inspire not only those diagnosed with breast cancer, but also the families and friends who feel helpless in the face of a cancer diagnosis or other illness. Although their paths were different like all kinds of cancer are different, the underlying theme of this journey is the same: relationships with others and the Lord are the key when facing adversity.

Originally from Dothan, Alabama, Nancy Bynon is a wife, mother, and grandmother. After graduation from Auburn University with a degree in nursing, Nancy moved to Birmingham and met her husband. They currently reside in Houston, Texas where Nancy is involved with her bible study, book club, Jazzercise and her church. Nancy has a passion for learning how to prepare recipes using clean and healthy methods. She enjoys traveling, hiking and skiing in Telluride, and sitting on the porch at Lake Martin with her granddaughter.

Kathryn Tortorici grew up in Birmingham and also graduated from Auburn University. She taught kindergarten in Homewood before starting her family with her husband. Her children and other family members jokingly call her the Martha Stewart of the South with her flair for cooking, sewing, entertaining, and creating art. She has spoken at various garden clubs, church events and women's groups in Birmingham and Atlanta. You can most likely find Kathryn in her craft room or walking her golden retriever, Woodley. Being a grandmother to two little girls is one of her greatest joys. Her endless faith in God is the guiding light that she shines onto others to affirm, uplift, and teach as seen in the devotionals in each chapter.

Nancy and Kathryn became friends when they led a team to create the cookbook, *Tables of Content*, for the Junior League of Birmingham in 2008. Because of their love for food, each chapter of this book includes a wonderful recipe to add to anyone's cooking repertoire or share with others.

Kathryn's mother, Barbara Lavallet, illustrated the cookbook the two women worked on years earlier. After the cookbook was released, Barbara passed away from ALS. When Nancy and Kathryn were brainstorming what elements to include in their book, Nancy commented that she wished they could use Kathryn's mother's artwork. While going through some old boxes in the basement, Kathryn found an old sketch pad of her mother's with several drawings of antique keys tied with ribbons just waiting to be discovered for this project. That discovery became the recurring "key" word to literally highlight the lessons, scripture, recipes, and takeaway notes in each chapter.

Flowers are like love letters from God. During Barbara's illness, painting flowers and turning them into notecards became her distraction from thinking about her challenge with ALS. These same hand-drawn flowers are used at the beginning of each chapter to remind readers that our relationship with the Heavenly Father is essential to scaling a mountain of adversity. Their desire is that their stories and hearts will point you to the Creator of the world and flowers.

TWO BY TWO

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The cover of the book offers readers a glimpse of what to expect inside the pages. With the help of cover artist, Katy Garrison of Colorado Springs, the cover portrays that in life there will be mountains and valleys, times that are difficult and times of ease, and straight paths and unknown journeys. The book's custom design also hints that one can expect a curve in life when least expected.

Relationships with others is the second most important aspect in dealing with a life crisis. These women's journeys through cancer were made less difficult with the friends and family that surrounded them. They found that sharing with other patients, family, and friends eased their own fears and helped others. Whether you have cancer or a challenging circumstance, they hope you can learn something inside these pages.

Favorite Recipes Press, producing more than 150 award-winning cookbooks and over 1,500 cookbook titles, is a division of Southwestern Publishing House that creates a wide variety of high-quality custom books. Having more than 150 years of publishing experience, Southwestern Publishing House is recognized for unsurpassed editorial excellence and expertly crafted books.

The book will be available October 24, 2023 on

Amazon, <https://www.amazon.com/dp/0871976153>,

Barnes&Noble, <https://www.barnesandnoble.com/w/two-by-two-nancy-bedsole-bynon/1143863252?ean=9780871976154>

Or Bookshop.org, Ingram.com

Our publisher, Customer-Service@SWpublishinghouse.com.

You can follow Nancy and Kathryn: @TWOBYTWOcancer Instagram, Facebook, and Linktr.ee.

"Kathryn and Nancy's stories are a strong testament to how praying over God's Word can help you, especially through the darkest of circumstances."

—STEVE GATENA, Founder and CEO, PRAY.com

"Knowing Kathryn and Nancy as I do, and I have been fortunate to witness how their story—told with beauty, candor, compassion, and humor within these pages—has brought comfort and healing to untold numbers of God's children. I am grateful for their efforts and will turn to this book again and again as I seek to offer care to those I am charged to serve."

—THE REVEREND RUSSELL J. LEVENSON, JR., D.MIN., D.D. RECTOR

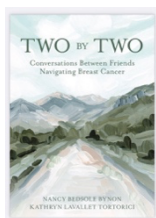
St. Martin's Episcopal Church, Houston, Texas, author of *The Life and Faith of George H. W. and Barbara Bush*

"If you've ever experienced the fear of cancer, Kathryn and Nancy will put your mind at ease. In their book Two By Two, they detail their journeys of two friends overcoming breast cancer through faith in Christ. Kathryn and Nancy offer insights into the importance of faith and friendship as they both fight this disease that leaves so many feeling helpless and hopeless today"

—NANCY MCGUIRK, Founder and Lead Teacher of Women's Community Bible Study,
Author of *My New Life in Christ*, *Rest Assured*, and *To Live is Christ*

"Until we face the enemy of cancer, we cannot comprehend the impact of those who understand, care, and pray. I recommend this book to everyone facing challenges in life!"

—PAM TEBOW, Christian speaker and author



TWO BY TWO

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About the Authors



Nancy Bynon

Nancy Bynon grew up in Dothan, Alabama. After graduating from Auburn University with a Nursing degree, she moved to Birmingham, Alabama, and worked at the University of Alabama at Birmingham (UAB) Hospital for eight years. UAB is where she met Steve, her husband of thirty-seven years. They have a son and a daughter, a son-in-law, and a precious granddaughter. Pearl, Nancy's loving Labrador companion, is always by her side. Nancy's favorite leisure activities are spending time with friends and family in Colorado, needlepointing, traveling, and baking.



Kathryn Tortorici

Kathryn Tortorici lives in Birmingham, Alabama, with Sam, her high-school sweet-heart and husband of thirty-five years. She has an Education degree from Auburn University and taught kindergarten for five years. She is blessed with three adult children, two daughters-in-law, and two granddaughters. Kathryn enjoys painting, sewing, and writing. When she is not traveling or involved with Bible study, she is walking her golden retriever. Kathryn's passion is hospitality, serving others in her home, in the community, or in Mentone, Alabama. She loves people and sharing her faith.



CHAPTER 1

How We Met



Nancy: “Hey, KT! Are you packed and ready to head to Boston?”

Kathryn: “I hope so. I have been working on the talk I am giving at the meeting.”

Nancy: “I know it will be a great talk, and we will have fun and learn a lot.”

Kathryn: “I can’t wait to share about the making of the *Tables of Content* cookbook.”

KEY RECIPE

This salad is a great way to consume vegetables and fruits each day. Make this recipe when you gather with friends and family for parties, holidays, cook-outs, and beach trips. It is the perfect addition to every gathering.

GREEN SALAD

- 8 cups chopped lettuce (mix it up: kale, spinach, arugula, mixed greens, etc.)
- 1 medium English cucumber, sliced
- 1 avocado, cubed
- Cherry tomatoes, halved
- Lemon Vinaigrette (below)



Combine the lettuce, cucumber, avocado and cherry tomatoes in a large bowl. Pour the desired amount of Lemon Vinaigrette over the salad and toss to coat.

VARIATIONS

- Add pumpkins seeds, toasted pecans, sliced beets, cubed baked sweet potatoes or potatoes, diced apples, drained chickpeas, chopped boiled eggs, sliced strawberries, blueberries, corn, sliced radishes, or whatever fruit or veggies you like.
- Note: You may add a protein if desired.

LEMON VINAIGRETTE

- 2 cloves garlic, finely chopped
- 2 tablespoons fresh lemon juice
- 1 tablespoon maple syrup
- ½ teaspoon Dijon mustard
- ¼ cup apple cider vinegar
- ½ cup extra-virgin olive oil
- ½ teaspoon salt
- ½ teaspoon pepper

Combine the garlic, lemon juice, maple syrup, mustard, vinegar, olive oil, salt and pepper in a bowl and whisk to mix well.