



**ON AUGUST 1, 2007,** Cindy Abbott was diagnosed with Wegener's granulomatosis and on May 23, 2010, she summited Mt. Everest.

With a rare and potentially life-threatening disease, at the age 51, and functionally blind in one eye, Cindy joined the ranks of the few hundred females who have summited the world's tallest mountain. Her journey to Mt. Everest began three years ago but her story, like so many victims of rare unknown diseases, started more than a decade earlier.

This is a story of inspiration and motivation set in one of nature's most extreme environments. It is a heart-felt account of Cindy Abbott's battle with a disease that turned her own body against her, and her stubborn determination to achieve her goals despite it. In revealing the extremes of both living with this disease and climbing Mt. Everest, she brings hope to others. Join her on this remarkable journey and know the pain and joy of *Reaching Beyond The Clouds*.

“They say *ignorance is bliss*, but Cindy knew full well the odds of sum-  
mitting Everest were against her. Few healthy women have ever reached  
the summit, no one with her disease ever has. It is an unbelievable story  
that Cindy tells so well.” —WILLIAM BEAM, Ph.D. Exercise Physiologist,  
Professor, California State University, Fullerton

“This is a gripping, moving story of one woman trying to reach her ultimate  
goal - but it's so much more. It is an honest, sometimes frightening, some-  
times harrowing account of the dangers involved in high altitude climbing.  
It is a tale of inspiration by an adventurer determined to overcome the effects  
of a debilitating disease. And it is a love story, both for Cindy Abbott's fam-  
ily and for life itself. Cindy reminds us how precious each moment is when  
we live life to the fullest.” —DAVID WHITING, The Orange County Register's  
Editor at Large, *OUTDOOR COLUMNIST*



REACHING BEYOND THE CLOUDS

From Undiagnosed to  
Climbing Mt. Everest

CINDY L. ABBOTT

LIFE ISN'T ABOUT WAITING FOR THE STORM TO PASS.  
IT'S ABOUT LEARNING TO DANCE IN THE RAIN!

# REACHING BEYOND THE CLOUDS

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