



# Breathing Underwater: A Caregiver's Journey of Hope

*Eileen Benthall*

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## **Breathing Underwater: A Caregiver's Journey of Hope** Eileen Benthall

She was stranded out in the middle of the cold and dark ocean, treading water with her infant daughter in her arms. This was the recurring nightmare Eileen Benthall had before her daughter, Johanna, was diagnosed with a rare neurological disease. The nightmares persisted and so did the disease which caused her daughter to have over 90 surgeries in 18 years. Years later the nightmares were changed to a vision of hope as a voice from heaven called Eileen to let go and trust that they would not drown. The voice promised Eileen that she would “learn a new way of breathing, how to breathe underwater.”

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