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My Turn ^{on} the Couch

Our Cancer Journey

By Carol, Tony, Christopher, and Darcy Alimenti

My Turn on the Couch covers the span of nine years in the Alimenti family during which three family members each face a shattering cancer diagnosis. This is a true story of how that family confronted these challenges, drew closer as a family, and remained resilient despite the hardships...

This compelling story is a testimony to the power of love, family, hope, and an unbridled faith in God. These key ingredients have allowed the Alimentis to defy the odds in the hope that one day they will reunite again in a land without suffering, tears, and pain—and most of all—without cancer.

About the Authors



Carol and Anthony Alimenti met in New Jersey, where they married and had their children, Christopher and Darcy. In 2004 the family moved to Charlottesville, VA, to access a better school system near the Blue Ridge Mountains. At 16, Chris was diagnosed with Acute Lymphatic Leukemia (ALL), a blood cancer. Two years later, Carol was diagnosed with uterine-based leiomyosarcoma (ULMS). The whole family was involved in the care of Carol and Chris, as well as Carol's mother, who also had cancer. However, it was daughter Darcy who took this experience and studied to become a nurse. Carol Alimenti, an artist and lover of outdoors, passed away in 2015. She is survived by her husband, Anthony, who lives in Crozet, VA; her son, Chris, who is in remission and attends VCU; and her daughter, Darcy, who attends University of Pennsylvania School of Nursing.

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