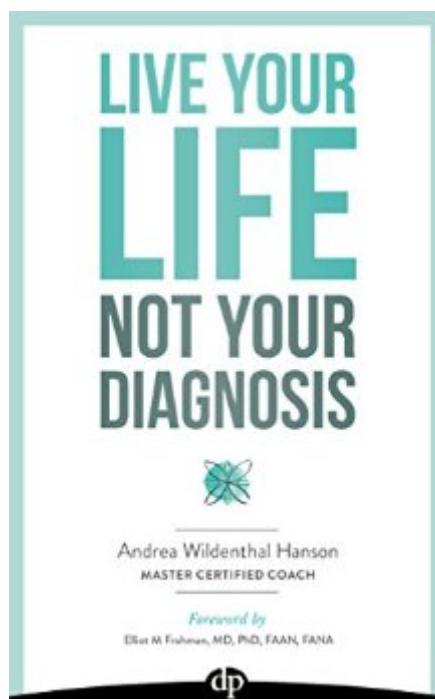


The book was found

Live Your Life, Not Your Diagnosis: How To Manage Stress And Live Well With Multiple Sclerosis



Synopsis

Live Your Life, Not Your Diagnosis was previously published as The Inside Guide to MS. The book was updated to include a foreword. "One size fits all" • doesn't exist when you're living with a diagnosis. You are unique. Your plan to live well with MS must be unique as well. Discussing everything from diet and exercise to stress and emotion management, this book provides you with tools to help you find what works for you. Written by a master certified life coach who was diagnosed with MS in 2000, this book combines stories of bravery (and tantrums), support, and detailed steps on how you can live your life "not your diagnosis. -Answer insightful questions that help promote self-awareness and self-healing. -Know what to do when stress, fear, doubt and anger come up. -Strengthen your relationship with yourself and your support system. -Get a clear plan to lead a confident and powerful life. You do have the power to feel better. Live Your Life, Not Your Diagnosis can show you how.

Book Information

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Customer Reviews

The Inside Guide to MS has proven to be a fantastic read! I have Celiac Disease, like Multiple Sclerosis a diagnosis I will carry with me for life, and in my case it has come with several 'other diagnosis' as well because it went un-diagnosed until I was well into adulthood. Andrea Hanson's book offers a way to view both life, and a diagnosis like this, that takes things out of the realm of "no" and puts it in terms of "yes." Instead of telling yourself how tough your life has just become, and focusing on all of the things you are going to no longer be able to do, or you are going to live without, Andrea Hanson's book shows you how to find your negative thinking patterns, and helps you find positive ways to approach both your thinking, and your diagnosis. One of my favorite quotes from the book (and yes, I've been highlighting lines, and taking notes of useful pieces as I go) is "I'll show you how to find true, unyielding hope within yourself, however much you may be questioning its presence or strength right now." There are times, with any major diagnosis when we get bogged down by the what ifs, and negative possibilities, but Andrea Hanson's book includes ways to work your way back up from that spiraling "Thought Storm" and find your center once more. In the beginning she says her father told her this was "just one more brick in your backpack" and she could handle it. I remember the day I was told I had to go gluten free. I printed a 7 page can and can't eat off the internet and went to my favorite restaurant, and my favorite waitress asked, "why did you even come here," after taking one look at it, "you can't ever eat here again." My proverbial brick had just crushed me.

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