



Living In A Body With A Mind Of Its Own

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Summary : Free living in a body with a mind of its own pdf download - for the past 20 years i have lived with a rare and currently incurable neurological illness known a dystonia this illness can affect numerous different muscles in the body causing them to spasm in ways we cannot control forcing us to live in a body with a mind of its own this book was written to be of help to individuals who struggle with this frustrating and often painful illness however it contains valuable lessons for anyone dealing with adversity if you are struggling with illness the death of a loved one depression a broken relationship the loss of a job or dealing with one of life s many transitions this book is also for you people with dystonia and other individuals will find many of the same feelings described in the book resonating within you once you have come to grips with the emotions involved in your own adversity you are ready to roll up your sleeves and deal with life as it is in a more positive manner join me on a road you never expected to travel and filled with numerous twists and turns along the way the journey may never end in this life but my hope is that by reading this book life s road will become a little easier for you to travel rev mike beck

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