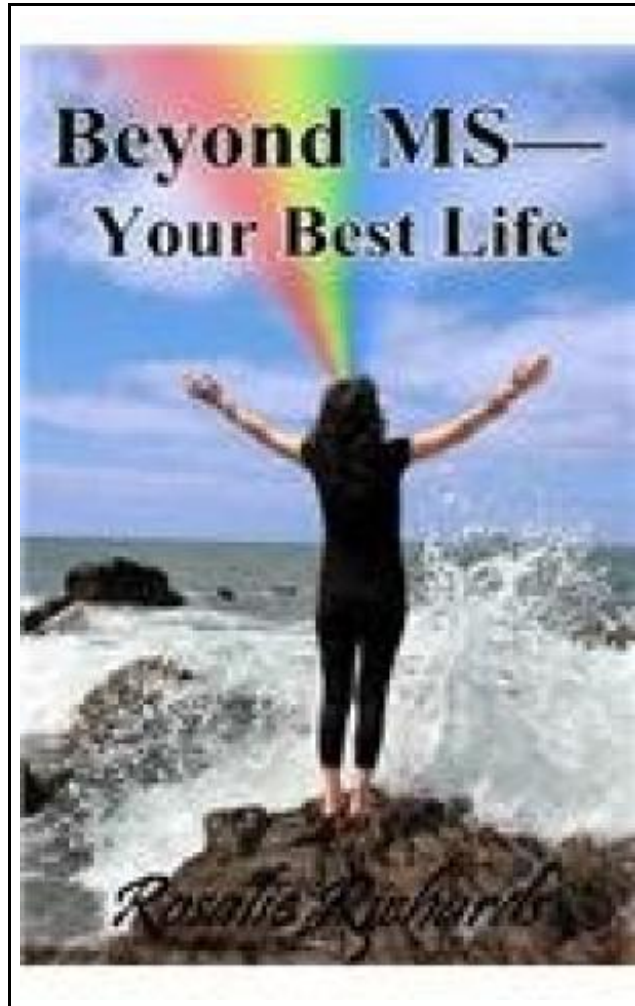


Beyond MS-Your Best Life



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Reviews

The book is straightforward in read through better to recognize. it absolutely was writtern quite completely and valuable. Its been printed in an exceptionally simple way which is only after i finished reading this book where really altered me, alter the way i believe.
(Kenyatta Berge DDS)

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Marks Press, United States, 2014. Paperback. Book Condition: New. 226 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****.If you have MS you may think that the good life is over-but it doesn't have to be that way! Beyond MS-Your Best Life explains 7 simple choices you may not have ever thought about. Learn how to make seven conscious decisions-decisions that turn into a simple plan for reaching your best life without letting MS take over. Seven choices and 21 days are all you need. It's all about choices! In this book discover- How to change the subject from Poor you! to Wow, your life is amazing! - The secret to achieving one form of meditation that you have already learned (you do know how to daydream, don't you?)- The power of living your bucket list (kayak-visit the Ingapierca Incan ruins-ride a camel)- The huge satisfaction of making a difference in your corner of the world- . . . and other simple and powerful life-changing choices that will shift your life from being captured and held down by MS to Living Your Best Life Beyond MS-Your Best Life is for those living with MS or with any great challenge that threatens to end the hope of a good life. The author, Rosalie Richards, has MS, has faced these challenges, and has found these strategies to work. The strategies are described in a clear, no-nonsense and humorous way. They are presented in a step-by-step manner that can immediately be put into action. Also included are stories of 21 people living with MS. Each person has a specific message. Rosalie Richards is an Episcopal priest whose studies also include a Ph.D. from the University of Texas School of Public Health and an M.S.W. from...



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