



Relax and Go: On Running and Surviving Parental Trauma

By Jonathan J Hersch

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 240 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. With the tension of the riveting, seminal track race embedded in its narrative, *Relax and Go: On Running and Surviving Parental Trauma* is the inspirational response of a father to his children's traumas. Duke University's most valuable cross country runner of 1987 serendipitously re-encounters and marries his childhood sweetheart on his way to living the American dream only to learn that the setbacks he faced as a successful athlete are trivial compared to the emotional toil of having two of his three children diagnosed with diabetes, one of whom was already struggling with significant learning differences. While *Relax and Go* will swiftly engage any parent whose child is suddenly diagnosed with a serious condition, disability, or even a lesser trauma, it possesses the fleshy characters of quality literary fiction. The infant boy with reflux becomes the four year old with juvenile diabetes, but even after his diagnosis with asthma and an extended recovery process from multiple concussions, he retains his indomitable spirit and disarming sense of humor. The story of the learning disabled youngest child and her struggles with dyslexia, ADHD, processing...



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