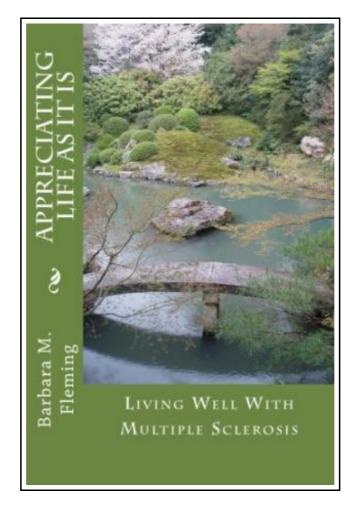
Appreciating Life as It Is: Living Well with Multiple Sclerosis



Filesize: 1.04 MB

Reviews

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Bernie Mante PhD)

APPRECIATING LIFE AS IT IS: LIVING WELL WITH MULTIPLE SCLEROSIS



Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The idea of appreciating life as it is may be new or even counterintuitive to some people. Appreciating has subtle shades of meaning, but I define it here as clarity and depth of understanding rather than evaluation. Synonymous with perceiving, recognizing, and realizing, it is the very opposite of denying, misinterpreting, and misunderstanding. It is simple, unadorned perception of whatever is, just as it is and nothing more. Multiple sclerosis (MS) is part of my life, not separate or somehow extraneous to the rest. It is only one of a great number of unforeseen and frequently challenging facets of human existence everyone encounters. Incorporating MS, as one of many unanticipated episodes in learning how to live fully aware, is my personal challenge. No matter what specific event, condition, or emotion I experience, I try to address it, without seeking more, less, or something other. I give it my attention and energy. In reviewing past actions, planning future events, or taking care of the business of today, I try to remember to see whatever I am experiencing just as it arises, free of conceptual overlays. I find that getting to the root of the matter is the essential element in understanding what is. My practice, of self-education through living, begins again and again with each new moment. This is where I need to engage with life. I can choose to spend my days wishing for something else, but that is not living the life I have and definitely not appreciating it as it is. The way anyone else chooses to live is theirs to enjoy or to endure according to his or her preferences. This tale is a record...



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