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# **Rising UP!: My Recovery From Multiple Sclerosis, Disability And Despair, Including Western And Chinese Medicine, Tai Chi, Qigong, Diet, Neurological Exercise, Meditation--and Much More!**



# **RISING UP!**

My Recovery from Multiple Sclerosis, Disability and Despair

**Anna York**



## Synopsis

Rising UP! chronicles Anna York's physical, social and spiritual transformation as she makes a remarkable journey:\*

From serious disability caused by multiple sclerosis to health and wholeness\*

From wheelchair to world traveler\* From suspicion of eastern healing arts as "strange" and "dangerous" to healing with the help of a Tai Chi master and Traditional Chinese Medicine \*

From anti-feminist roots to ordination as a handicapped female in a Southern Baptist church\* From being regarded as a "saint" to being rejected by friends because of her "un-Christian" mode of healing \*

From beef and potatoes to a vegetarian diet\* From being uninsurable for over two decades to being approved for a \$100,000 life insurance policy\* From confusion about what has happened to insight and joy

Multiple sclerosis, a disease Anna has had for over forty years, crippled her, caused her excruciating pain, put her in a wheelchair and an electric scooter, and wreaked havoc on all aspects of her life. In 1996, she began an extraordinary journey of healing that reversed time and disability, restoring her to a vibrant, healthy life. Her story is a passionate one of loss, despair, faith and hope. It speaks of the treasures of healing and wholeness that can be discovered when we learn to trust and share across the boundaries of race, culture and religion. It also discloses the pain and rejection that can occur when transformation takes place outside one's accustomed social and cultural milieu. Most of all, it is a story of the triumph of the human spirit over impossible odds-a story that invites all of us to Rise UP! and meet the challenges we face in life with faith, hope and joy.

**Testimonials**

Anna's book is astounding. I share her remarkable story with the MS community daily. Lives are transformed, hope abounds, spirits are uplifted. -Scott McDonald, Regional Director, Multiple Sclerosis Association of America

Anna's unwavering persistence in neurological training and her lifestyle and diet changes turned her multiple sclerosis completely around. As her Tai Chi Master and mentor for fourteen years I saw Anna bridge East and West to break barriers of doubt, fear and despair. Rising UP! is a story of faith and hope for everyone, especially those who have family members with debilitating trauma, chronic illness and life threatening diseases. -Sifu and Master Teacher, Bruce Moran

When we pick up this book, we are in store for more than a good read-we are on the brink of an adventure. . . This is the kind of book that goes beyond information and inspiration-it transforms us. -Philip Hefner, Lutheran School of Theology at Chicago.

Rising UP! is a valuable addition to narratives about life with disability, and in particular how one woman, after unsuccessfully navigating the traditional medical and religious structures, ultimately finds unexpected and creative solutions back to health and well-being. -Kristi L. Kirschner M.D., Physical Medicine and Rehabilitation

Read Rising UP!. You will be both inspired and edified. This book will get under your skin and into your heart. I highly recommend it. -Don Browning, Alexander Campbell

Professor, University of Chicago Divinity SchoolAnna learns that Christ does not always answer prayer in the way we expect. He is as iconoclastic now as he was in his own day, breaking down religious and cultural barriers and compelling us to see God at work in the world around us. -Rev. Dr. Shanta Premawardhana, World Council of Churches

## **Book Information**

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## **Customer Reviews**

Anna York's book Rising Up gave me hope again. I was diagnosed with MS 2 years ago. I have been a Yogi in training for over 40 years who has refused the meds that most people are on but am not against western med which should be a last resort. Anna has shown me that it is possible to take your power back and heal on your own. From wheel chair to teaching Tai Chi and Qi Kung, she has proven we have the power to come back stronger than ever. Thank you Anna for bringing hope back into my life. Yosel Tarnofsky

As a student of Anna York, I was anxious to read her autobiography. I started reading Rising Up! and could not put it down. Anna York is a gifted scribe, as well as a totally honest autobiographer. I

have had multiple sclerosis for thirty-nine years, and know first-hand what it is like to live with this disease. Through the practice of Tai Chi, I have found it easier to maintain a positive attitude about the course of my disability, and my power to use exercise and meditation to improve my agility. The story of Anna's deep faith, as well as her relentless search for relief from her physical and psychological anguish, will provide inspiration to all who read it, as it has for me. Flora M., Chicago

I was one of the college students that lived with Don and Anna York in the Princeton days leading up to and including her initial MS attack. I have been in contact with them periodically over the years and I can attest to the accuracy of her account as well as her amazing recovery. I saw them just last year as she was preparing to publish the book and she is radiant, energetic and overflowing with peace and joy. While I had personal reasons for appreciating the detailed account of her journey that her book offers, I found that God spoke to me through her account of how He revealed Himself to her along the way. While few can truly fully appreciate the crushing weight of this disease and the impact it had on her and her family, you don't have to have MS or a disability to gain a great deal from her account of the struggle, healing process, restoration and transforming effect of her journey. It's truly inspiring and worth sharing with others.

Anna York explores the shameful and shortsighted way our society often treats seriously ill and disabled members. Her extraordinary spirit, desire to help others, and the strong support from her family all contributed to her healing. Her church, not so much. Traditional Western religions can be as xenophobic as any tribal religion in the world. As if battling a catastrophic illness such as MS were not enough, Anna has to endure challenges to her strong Christian faith. Anna stays true to her faith in Christianity while allowing exercise such as Tai Chi to help her heal. This is a heroic success story of value to anyone suffering from an "incurable" condition - as well as for family, friends and religious ministries who truly want to help ease suffering.

If you have MS or know someone who has this illness, I highly recommend that you purchase "Rising UP" by Anna York. She takes you on her personal journey of the ups and downs that are associated with MS. She tells her story with the grace of God and how her faith was tested. She also takes you along with her as she experienced powerful healings. It is a remarkable experience through the power of the Will. Blessings to Anna, her husband who stood by her side, and her children who gave her their love and compassion. I cried with joy.

I loved this book. It starts off a very slow read with her past but when she started speaking of her journey of healing, I was blown away. It doesn't matter what you need healing of, this is pure inspiration. I've ordered her DVDs also.

Not quite halfway thru at the moment but Anna is a WONDERFUL writer with an incredible story to tell. I'm so happy to have met her and been able to attend her workshops a few times. I will definitely be back for more (and her DVD, too). She shares so much of herself, in this book. I'm sure it will help me to better appreciate the profound work that what she's doing. Looking forward to it! Now, back to the book....!

ok I have MS and so my husband thought he would find a book that would tell me what was best for me to do to treat my MS. Well some of the book helped, but it did not agree with most of what my husband thought was best for me so he was not happy. Whenever I mentioned a part of the book that I thought was good for me, he would say well I don't agree, to which I would remind him, it was his idea to get me the book. Actually the book agrees with what I think about treating my MS then what he thinks. My one negative thought about the book is that he bought it thinking he could use it to get me to do what he wanted me to do about my MS. Like I tell him over and over, I am the one who is facing a life in a wheel chair, so I have to make the decisions on what I do. MS is a weird illness and the more knowledge you can get the better you can deal with it. Also when you wake up feeling strange, you will be able to say it's probably my MS.

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