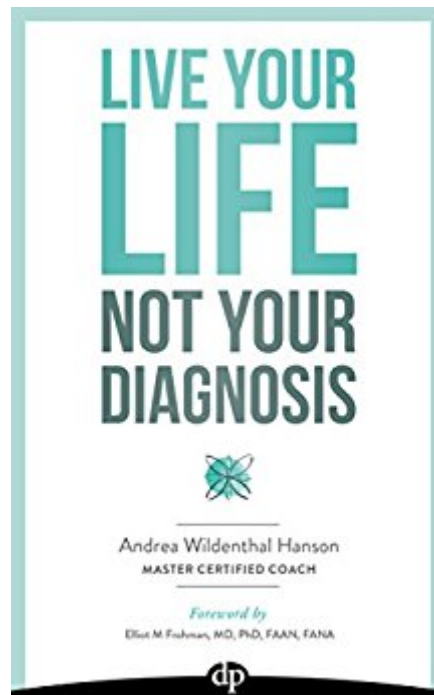


The book was found

Live Your Life, Not Your Diagnosis: How To Manage Stress And Live Well With Multiple Sclerosis



Synopsis

Live Your Life, Not Your Diagnosis was previously published as The Inside Guide to MS. The book was updated to include a foreword. • One size fits all • doesn't exist when you're living with a diagnosis. You are unique. Your plan to live well with MS must be unique as well. Discussing everything from diet and exercise to stress and emotion management, this book provides you with tools to help you find what works for you. Written by a master certified life coach who was diagnosed with MS in 2000, this book combines stories of bravery (and tantrums), support, and detailed steps on how you can live your life "not your diagnosis." -Answer insightful questions that help promote self-awareness and self-healing. -Know what to do when stress, fear, doubt and anger come up. -Strengthen your relationship with yourself and your support system. -Get a clear plan to lead a confident and powerful life. You do have the power to feel better. Live Your Life, Not Your Diagnosis can show you how.

Book Information

File Size: 650 KB

Print Length: 188 pages

Simultaneous Device Usage: Unlimited

Publisher: Difference Press (August 30, 2015)

Publication Date: August 30, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B014OQU654

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #129,207 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis #24 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis #31 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

Customer Reviews

The Inside Guide to MS has proven to be a fantastic read! I have Celiac Disease, like Multiple Sclerosis a diagnosis I will carry with me for life, and in my case it has come with several 'other diagnosis' as well because it went un-diagnosed until I was well into adulthood. Andrea Hanson's book offers a way to view both life, and a diagnosis like this, that takes things out of the realm of "no" and puts it in terms of "yes." Instead of telling yourself how tough your life has just become, and focusing on all of the things you are going to no longer be able to do, or you are going to live without, Andrea Hanson's book shows you how to find your negative thinking patterns, and helps you find positive ways to approach both your thinking, and your diagnosis. One of my favorite quotes from the book (and yes, I've been highlighting lines, and taking notes of useful pieces as I go) is "I'll show you how to find true, unyielding hope within yourself, however much you may be questioning its presence or strength right now." There are times, with any major diagnosis when we get bogged down by the what ifs, and negative possibilities, but Andrea Hanson's book includes ways to work your way back up from that spiraling "Thought Storm" and find your center once more. In the beginning she says her father told her this was "just one more brick in your backpack" and she could handle it. I remember the day I was told I had to go gluten free. I printed a 7 page can and can't eat off the internet and went to my favorite restaurant, and my favorite waitress asked, "why did you even come here," after taking one look at it, "you can't ever eat here again." My proverbial brick had just crushed me.

[Download to continue reading...](#)

Live Your Life, Not Your Diagnosis: How to Manage Stress and Live Well with Multiple Sclerosis
Multiple Sclerosis: Simple Changes to Help You Manage Your Multiple Sclerosis MS - Living Symptom Free: The True Story of an MS Patient: A Guide on How to Eat Properly and Live a Healthy Life while Controlling, Reducing, and Eliminating the Symptoms of Multiple Sclerosis Gentle Yoga for Multiple Sclerosis: A Safe and Easy Approach to Better Health and Well-Being through Yoga STRESS FREE LIVING How to manage your stress and understand what cause it: Get rid of anxiety for good (Build a Better Self Book 3) Unraveling the Mystery of Health: How People Manage Stress and Stay Well (Jossey Bass Social and Behavioral Science Series) The Her Campus Guide to College Life: How to Manage Relationships, Stay Safe and Healthy, Handle Stress, and Have the Best Years of Your Life Life with Multiple Sclerosis Chef Interrupted: Discovering Life's Second Course in Ireland with Multiple Sclerosis What Your Doctor May Not Tell You About(TM) IBS: Eliminate Your Symptoms and Live a Pain-free, Drug-free Life (What Your Doctor May Not Tell You About...(Paperback)) MS and Your Feelings: Handling the Ups and Downs of Multiple Sclerosis Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective

Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Multiple Sclerosis Recoverer's Guide - What To Do To Keep Your Kids From Getting MS Multiple Sclerosis: Your Legal Rights 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! Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures Exercises for Multiple Sclerosis: A Safe and Effective Program to Fight Fatigue, Build Strength, and Improve Balance MS: Something Can Be Done and You Can Do It : A New Approach to Understanding and Managing Multiple Sclerosis Complementary and Alternative Medicine and Multiple Sclerosis, 2nd Edition: Second Edition Multiple Sclerosis and Having a Baby: Everything You Need to Know about Conception, Pregnancy, and Parenthood

[Dmca](#)