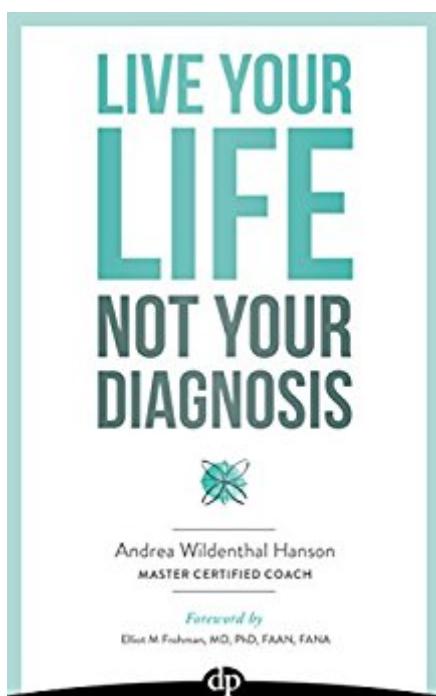


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# Live Your Life, Not Your Diagnosis: How To Manage Stress And Live Well With Multiple Sclerosis



## **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**

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## Customer Reviews

Andrea Hanson has captured the essence of dealing with a serious, life-changing illness. The focus is on Multiple Sclerosis; however, the concepts and suggestions for dealing with MS are relevant for any disease with long-term effects. Her personal experience with MS, her management of the shock of the diagnosis at a young age, and her ultimate methods of dealing with the stress associated with the disease show a person with great courage and determination. In this book, she uses her knowledge and understanding of coping with MS to provide a road map for others in a similar situation. The paragraph where she addresses life changes resonated with me. Changes can be viewed in two ways-situations happen to make a person change or a person creates change because of situations. This is a perspective that can apply to multiple situations even those that are not related to a disease. Andrea deserves the highest compliment of "Well Done" for writing this book.

This book is a must read for anyone dealing with the reality of a new diagnosis of Multiple Sclerosis or any other disease or life altering situation. The author lays out an easy to follow plan loaded with thoughtful techniques, real life examples, and personal revelations. As I read I found myself trying out some of the exercises and begin to reframe my thinking. I also replaced MS with a chronic condition that I deal with and found that what I was reading could be easily applied to my life. I love the author's honesty (and humor!) and the way in which she tells her story in such a way that is accessible and relatable to everyone...whether they have MS and know a lot, have a friend or relative with MS, work with people with MS, or...like me...someone who is fairly unfamiliar with the day-to-day living with MS. I would highly recommend this book and I strongly believe it will be of great help and will improve the lives of those who read it!

I absolutely loved this book! Not only is it a must have for people with MS, but my wife has an auto-immune issue, and this book is perfect for her too. Andrea has a simple, yet elegant delivery of her experiences - which will enable anyone dealing with MS (or any other diagnosis) to confront their concerns head on and live a great life. Her guidance and storytelling is so effective, it is like having a life coach there step-by-step to help you through your MS diagnosis. The Inside Guide to MS is a must buy for those recently diagnosed with MS or for anyone recently diagnosed with an adverse health issue. You gotta buy this book!!

An excellent book concerning MS. The author does a superb job in walking one through the

concerns and issues associated with MS. A must read for anyone (either caregiver or MS patient) who wants a no nonsense discussion of MS.

Suggested title: "I wish I had this when I was diagnosed" The Inside Guide to MS is great. I wish it had been available when I was first diagnosed with Multiple Sclerosis ten years ago. At a time when I had a plethora of information and confusion I really could have used some direction in clear calm thinking and processing. This book provides that. I am recommending it to friends, with and without MS, who have stress in their lives and who are looking for some direction in how to deal with it. I really appreciate Andrea's honest and funny accounts. She writes in a way that is straight forward and clear to understand. I feel like I have been sitting having a conversation with a friend. One of those friends who is very wise and not judgmental. Her guide provides a framework to empower the reader and left me believing that balance is achievable, even to me."

In The Inside Guide to MS: How to Survive A New Diagnosis When Your Whole Life Changes (And You Just Want to Go Home), Andrea Hanson writes about her refusal to let MS become her story. This author's inner rebel rose to the surface when her diagnosis was dropped in her lap and people began telling her of the life she was destined to now have. This book is the story of one person's determination to not allow a disease to run her life and instead create a new and improved life for herself that included managing the diagnosis. Andrea tells her own stories and those of her clients that demonstrate how breaking down the fears helps us feel more confident and hopeful. This book may have been written with the MS patient in mind, but is a real gift to people wanting to come to grips with any diagnosis. Well-written and super thought-provoking!

"The Inside Guide to MS" is truly an inside guide! This book touches so many facets of my life of living with multiple sclerosis. I was able to use the exercises in this book to reevaluate my thinking and my actions towards living within MS. This book could easily be used to live your everyday life with or without MS, just take the MS out the book and add any other diagnosis. From my perspective, it awakens your ability to respect your body, respect how your body feels, thinks, and moves, while acknowledging the good, the bad and the ugly. Reading this book made a light in me shine, the more I read, the brighter it shined, and the lighter I felt. I guess you can say "It lit my HOPE button" it gave me courage, as well as, the knowledge that I have MS, MS doesn't have me!

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