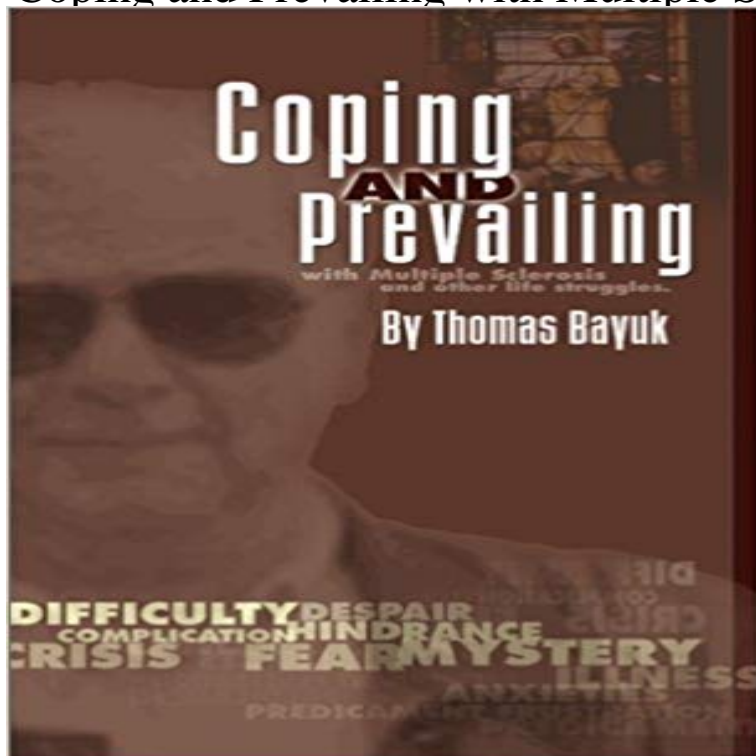


## Coping and Prevailing with Multiple Sclerosis and other Life Struggles



This book is about overcoming the obstacles that constantly occur in our lives. Thoreau said: Simplify, Simplify in particular, identify all of your options and then take action. By doing this we can take overwhelming situations or circumstances and reduce them to a simple decision, to be made as it occurs. This will enable us to manage, choose and adjust our paths as we see fit.

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