



## Finding Harmony : The remarkable dog that helped a family through the darkest of times

By HYDER SALLY

Paperback. Book Condition: New. Not Signed; Description: Heartwarming, inspirational and genuinely touching, Finding Harmony is the remarkable true story of an extraordinary dog that rescued a woman from the depths of depression and transformed a family for ever. A keen mountaineer, Sally Hyder was in her prime and loving life. She shared her passion for climbing with her partner Andrew and it was a dream come true when Andrew proposed at Everest Base Camp. For them, climbing mountains made anything seem possible and represented their attitude to life. But a year after Sally and Andrew were married Sally was diagnosed with Multiple Sclerosis. She was only 28 and was training to be a Macmillan nurse - she wanted to care for the terminally ill. But Sally was determined the disease wouldn't slow her down: she went back to work looking after others and, despite warnings that her condition could deteriorate in pregnancy, went on to have three beautiful children. But it was when her youngest child Melissa was diagnosed with severe autism that Sally began to spiral into depression. Sally felt guilty about the pressures faced by her elder daughter Clara in her role as carer. Sally worried that she was missing out...

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