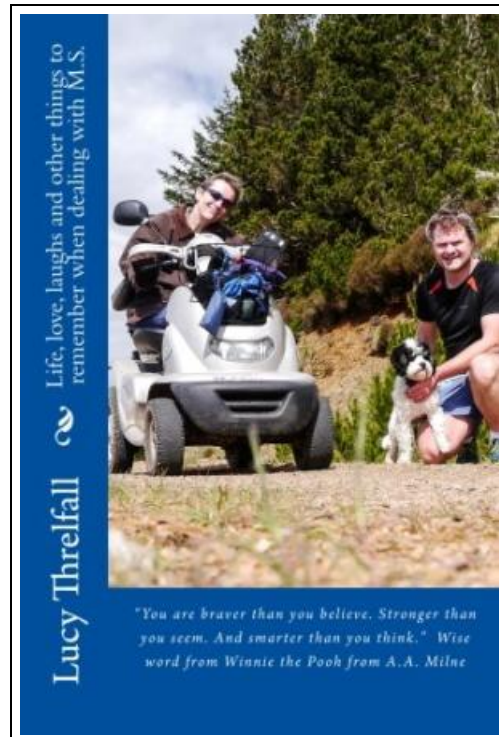


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This writing is my attempt to describe my life before and after the diagnosis of Multiple Sclerosis. Before my diagnosis I was an active person who loved the outdoors, including hillwalking, swimming, horse riding, cycling and running. My life took me from nursing in Leeds through to living in Wales working as a cook and finally moving to the Isle of Skye. After meeting my husband Colin, and having three children, I began to notice changes in my mobility. As a previously trained nurse I suspected the worst and after pushing for various tests, I finally got the diagnosis that I had guessed. This is my story about receiving the news that I had MS and the way in which I coped with the help of my husband, friends and other members of my family. Colin has written short passages detailing his own experiences of my condition and the ways in which he had to help me, all of which are interesting for me to read as his experience is something I also want to be aware of. In writing this account of my life before and after my diagnosis, I hope to help others facing the same future. I want to show that it doesn't have to be as devastating as it possibly could be. This book is, I hope, the kind of thing that would have been a great help to me when I was diagnosed. I describe the ways in which I continue to enjoy the outdoors as well as sharing my thoughts on health and how my own life is affected by factors such as diet, temperature and positivity. Finally I hope to end on...

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