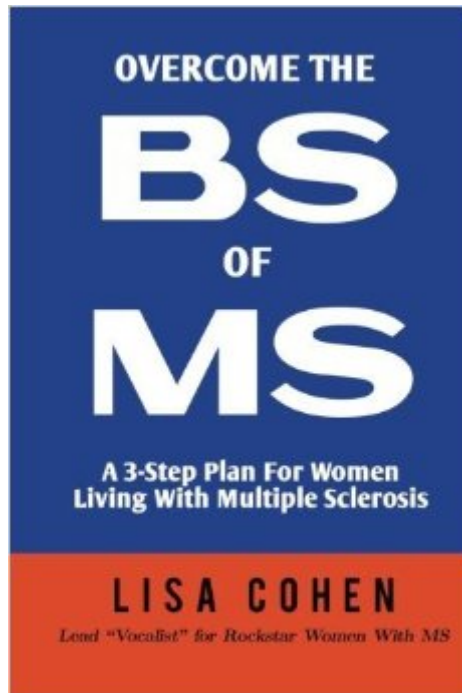


The book was found

Overcome The BS Of MS: A 3-Step Plan For Women Living With Multiple Sclerosis



Synopsis

Having lived with Multiple Sclerosis (MS) herself since 2001, author Lisa Cohen defines the "BS of MS" as an amalgam of the physical changes and losses caused by MS, the life changes and challenges that result, and the psychological and emotional "stuff" that comes along with those changes and challenges. This BS of MS may cause women living with MS to "live small," feel burdened, and feel defeated on a daily basis. An easy-read reference handbook, "Overcome the BS of MS" provides a 3-Step Plan that is a system of preparation, personal empowerment, and conscious forward action that is designed to help women living with MS to consistently overcome the BS of MS. "Overcome the BS of MS" is for any woman who wants to truly feel like she is actively living and enjoying a life that she chooses, even though she also happens to be living with MS. It provides the tools to get a grip on the "BS of MS", manage it like a boss, prevail over it, and start racking up wins.

Book Information

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Customer Reviews

Wow! This book has so much to offer all of us who suffer from "stuck-ness" whether we have an autoimmune disease or not! Cohen shares her personal stories about physical challenges (getting engulfed in and overwhelmed by a Christmas tree), her stories of stubbornly clinging to her pride (to her detriment), and her honest recounting of times when she simply saw no humor in the situations in which she found herself. (Luckily, humor has had a way of showing up and knocking on her door.) Where Cohen's book hit home for me was during chapter 6 where she talks about cultivating a

"rockstar mindset." Cohen asks us to answer some tough questions about limiting beliefs, and whether those limiting beliefs are a result of MS or perhaps were in our minds before the diagnosis. Then she creates this mental tool kit for anyone who is "stuck" to use. There are a bunch of tools for a person with physical limitations AND a bunch for anyone. She writes, "The problem with getting stuck is that we can't see past it to the other side when we are stuck!" Amen to that. Later, as a suggestion to shake a negative attitude, she writes, "The key is to do something to immediately change the negative focus that your mind has locked onto. One way to bust that mindset immediately is to just start moving somehow." She goes on to offer simple suggestions such as shifting positions, sitting up straight and smiling. Easy things for anyone to do, but hard to remember when stuck in a negative place. Lots of value here for anyone who needs to get moving towards their dreams and goals. Physical limitations or not!

This is a great book - so positive and inspiring but really wide-eyed and full of life. You can tell Lisa Cohen is extraordinary and brings her sense of how to live life to this straightforward book. Everyone who reads it, regardless of your condition, will be impressed and smile. There is much to learn here. Highly recommended.

If you have dreams that have been set aside because of chronic illness and need some help and encouragement to find the means and ability to overcome your illness to live your dream life then read this book. It really can help you get out of a rut and get back on track. It's really inspired me with my own struggles (not MS, but I feel like I can relate through a lot of the content and stories). Love the book, thankful I have found it.

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