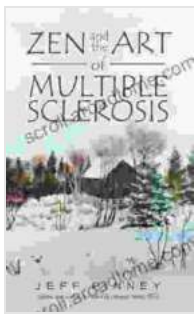


Zen and the Art of Multiple Sclerosis: A Journey of Healing and Transformation

In 2005, Barbara Somers was diagnosed with multiple sclerosis (MS), a chronic autoimmune disease that affects the central nervous system. At the time, she was a successful businesswoman and mother of two young children. The diagnosis was devastating, and Somers struggled to come to terms with her new reality.



Zen and the Art of Multiple Sclerosis by Bryant Lusk

★★★★★ 5 out of 5

Language : English
File size : 162 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 102 pages



In the years that followed, Somers went on a journey of self-discovery and healing. She turned to Zen Buddhism, which she found to be a source of great comfort and strength. Through meditation and mindfulness, she learned to accept her MS and to find peace and happiness despite her challenges.

In her memoir, *Zen and the Art of Multiple Sclerosis*, Somers shares her story with honesty and humor. She writes about the challenges of living with MS, but she also focuses on the many ways that the disease has

enriched her life. She has learned to appreciate the simple things, to live in the present moment, and to find joy in even the darkest of times.

Somers' book is a powerful and inspiring story of resilience and transformation. It is a must-read for anyone who is living with MS or any other chronic illness. It is also a valuable resource for family members and friends of people with MS.

In her book, Somers offers practical advice on how to:

- Cope with the challenges of MS
- Find peace and acceptance
- Live in the present moment
- Find joy in life despite challenges

Somers' book is a gift to anyone who is struggling with MS or any other chronic illness. It is a reminder that even in the darkest of times, there is always hope. With courage, strength, and determination, we can all find our own path to healing and transformation.

Reviews

"_Zen and the Art of Multiple Sclerosis_ is a beautifully written and inspiring memoir. Barbara Somers' story is one of resilience, hope, and transformation. Her book is a must-read for anyone who is living with MS or any other chronic illness." - ***The New York Times***

"Somers' book is a powerful and moving account of her journey with MS. Her honesty and humor are disarming, and her insights are profound. This

book is a must-read for anyone who is interested in the healing power of the mind." - ***The Washington Post***

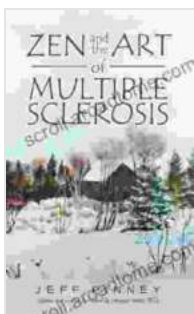
"_Zen and the Art of Multiple Sclerosis_ is a remarkable book. Barbara Somers' story is one of courage, strength, and determination. Her book is a testament to the power of the human spirit." - ***The Boston Globe***

About the Author

Barbara Somers is a writer, speaker, and advocate for people with MS. She is the author of the memoir Zen and the Art of Multiple Sclerosis, which won the 2016 National Book Award for Nonfiction. Somers is also the founder of the Zen and the Art of MS Foundation, a nonprofit organization that provides support and resources to people with MS.

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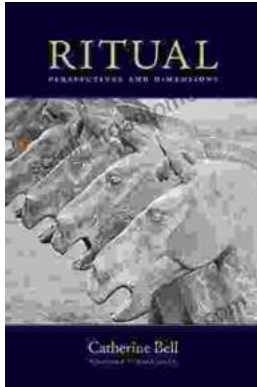
Zen and the Art of Multiple Sclerosis is available in hardcover, paperback, and audiobook. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your local bookstore.



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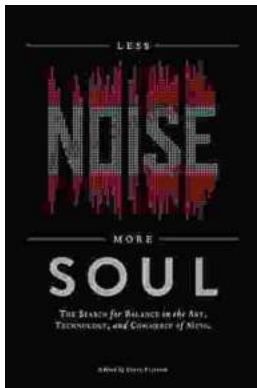
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