



Appreciating Life as It Is: Living Well with Multiple Sclerosis

By Barbara M Fleming

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The idea of appreciating life as it is may be new or even counterintuitive to some people. Appreciating has subtle shades of meaning, but I define it here as clarity and depth of understanding rather than evaluation. Synonymous with perceiving, recognizing, and realizing, it is the very opposite of denying, misinterpreting, and misunderstanding. It is simple, unadorned perception of whatever is, just as it is and nothing more. Multiple sclerosis (MS) is part of my life, not separate or somehow extraneous to the rest. It is only one of a great number of unforeseen and frequently challenging facets of human existence everyone encounters. Incorporating MS, as one of many unanticipated episodes in learning how to live fully aware, is my personal challenge. No matter what specific event, condition, or emotion I experience, I try to address it, without seeking more, less, or something other. I give it my attention and energy. In reviewing past actions, planning future events, or taking care of the business of today, I try to remember to see whatever I am experiencing just as...

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