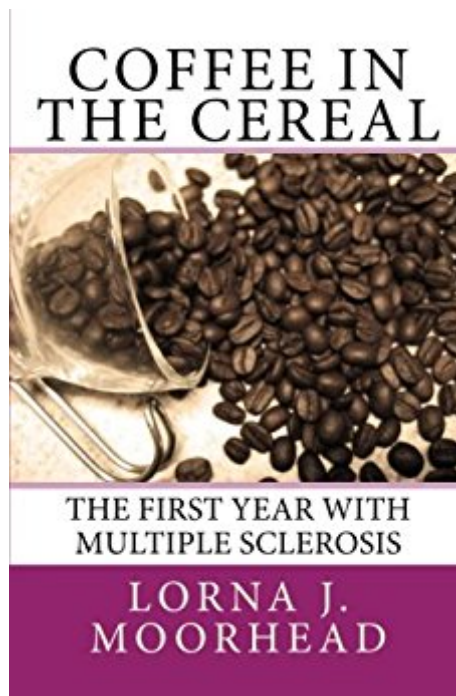




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Coffee In The Cereal: The First Year With Multiple Sclerosis



Synopsis

In the quirky, sassy voice that has made her popular on health web sites, Lorna Moorhead recounts the experience of her first year with multiple sclerosis. With vitality unique in an often gloomy world of medical books and stories, each chapter is told in Lorna's down-to-earth satirical tone and focuses on different aspects of her first year with MS. Rather than focusing on the sadness and difficulties that followed her diagnosis, Moorhead deals with the practical problems faced by many MS patients: how to parent effectively, handle difficult doctors who think she looks "fine," and what to do with the mixed bag of cognitive difficulties. Moorhead is a real-life person with real-life reactions to MS- she fights back when people attack her for parking in the handicapped spot even though she looks normal and she faces life with a spunky humor that will lift the spirits and encourage others fighting the disease. Hilarious, yet telling chapter headings such as "Not Tonight Dear, I Have MS" give readers a quick insight into the mind of this vibrant, intelligent woman.

Book Information

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Customer Reviews

I bought this for my Kindle while laying in the hospital! I couldn't put it down, and finished it quite fast. It gave me some insight into the next 11 months. This is good for caregivers too, the humor is plenty, and everyone involved needs a sense of humor. Good luck!

Sadly Lorna is "right on" but she handles it in such an upbeat and funny way---found myself laughing out loud! Like Tony Soprano says 'What ya gonna do?'

not very well written lost me half way

Loved it! The author talks about trying to maintain her sanity through the trials & tribulations of MS through humor!!

Great info and resources in back of book. Well wrote and easy to follow. recommend to anyone with ms or for anyone who loves someone with ms

This book is witty and informative. It's plain to see the author has remained sharp despite her illness. Even the title is great.

Bittersweet to read I am not alone in this MS fight! Laughter is the best medicine when it comes to dealing with MS, even though I have not put coffee in my cereal, I have put shaving cream on my toothbrush, believe me, I would have preferred coffee in the cereal! This book will help you see you are not alone.

This book was all over the place. Sorry, just not my liking. I did appreciate the website list at the end.

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challenges they face. My Takeya Cold Brew Iced Coffee Recipe Book: 101 Astounding Coffee & Tea Recipes with Pro Tips! (Takeya Coffee & Tea Cookbooks) My AeroPress Coffee & Espresso Maker Recipe Book: 101 Astounding Coffee and Tea Recipes with Expert Tips! (Coffee & Espresso Makers) A Coffee Lover's Guide to Coffee: All the Must - Know Coffee Methods, Techniques, Equipment, Ingredients and Secrets My Takeya Cold Brew Iced Coffee Recipe Book: 101 Astounding Coffee & Tea Recipes with Pro Tips! (Takeya Coffee & Tea Cookbooks) (Volume 1) The First Year: Multiple Sclerosis: An Essential Guide for the Newly Diagnosed Coaching Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds, 9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade) Multiple Sclerosis and (lots of) Vitamin D: My Eight-Year Treatment with The Coimbra Protocol for Autoimmune Diseases The Gathering Table: Defying Multiple Sclerosis With a Year of Pasta, Wine & Friends The Coffee Lover's Diet: Change Your Coffee, Change Your Life Bulletproof Coffee: Power from an unusual Source (Weight Loss, Energy Boost, Paleo approved, Bulletproof Diet, Coffee) I Love Coffee! Over 100 Easy and Delicious Coffee Drinks Motivation Coloring Book for Adult: Coffee is My Best Friend (Coffee, Animals and Flower design pattern) Coffee Break French 4: Lessons 16-20 - Learn French in your coffee break Optimal Health with Multiple Sclerosis: A Guide to Integrating Lifestyle, Alternative, and Conventional Medicine Dietary Supplements and Multiple Sclerosis: A Health Professional's Guide

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