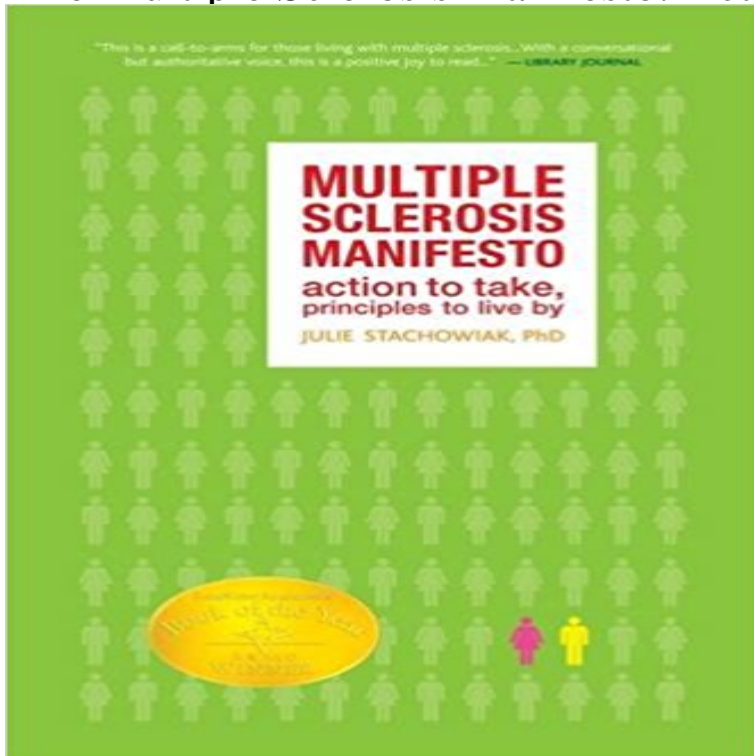


# The Multiple Sclerosis Manifesto: Action to Take, Principles to Live By



An empowering guide for increasing your quality of life, navigating challenges, and embracing opportunities Julie Stachowiak, PhD is the About.com Guide to Multiple Sclerosis. As an epidemiologist who is also a person living with MS, Julie has an in-depth understanding about the scientific developments around MS and the personal side of living with a chronic illness. In the Multiple Sclerosis Manifesto, Julie shows you how to create your own personal MS manifesto and provides practical tools and reassurance to help you get better in your life, from optimizing medical care and managing symptoms, to strengthening relationships, dealing with emotions, and embracing activism. Committed to making the hard parts easier and the good parts last longer, Julie show you how to figure out what you need, identify opportunities, understand challenges, and get your needs met. With the Multiple Sclerosis Manifesto, you'll know how to:

- Create your personal mission statement
- Protect yourself by learning more about medications you are currently taking or considering to take
- Determine what you want in a doctor and how to evaluate the doctor you have
- Celebrate your successes and why it's essential that you do
- Make disclosing your MS status to friends, family and others easier
- Find a support group

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they've gone through a battle region, however, when the letter achieves its last destination. Here's the reason: lasers use toner which is dropped onto the paper in little raised heaps and afterward gone through a fuser which warms the "heap" at around 400 degrees â€¦ [Read more...]

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Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals I just kept running into one of my cousins at our nearby bagel shop (breakfast is the best time and place to meet individuals and complete some early morning work). He's a podiatrist (foot specialist) and lets me know the best, best technique he's utilized so far to achieve new potential patients is through regular postal mail. He pursues a particular business sector portion â€¦ [Read more...]

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Direct Marketing Restaurants ? If I Were Running a Restaurant On the off chance that I were running an eatery, I'd showcase my business through a few distinct roads. Notwithstanding the customary ? and essential ? neighborhood daily paper publicizing, I'd make a rundown of the living arrangements inside of a 6-piece range of my business. Everybody inside of strolling separation would get a month to month release reporting what I'm doing â€¦ [Read more...]

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