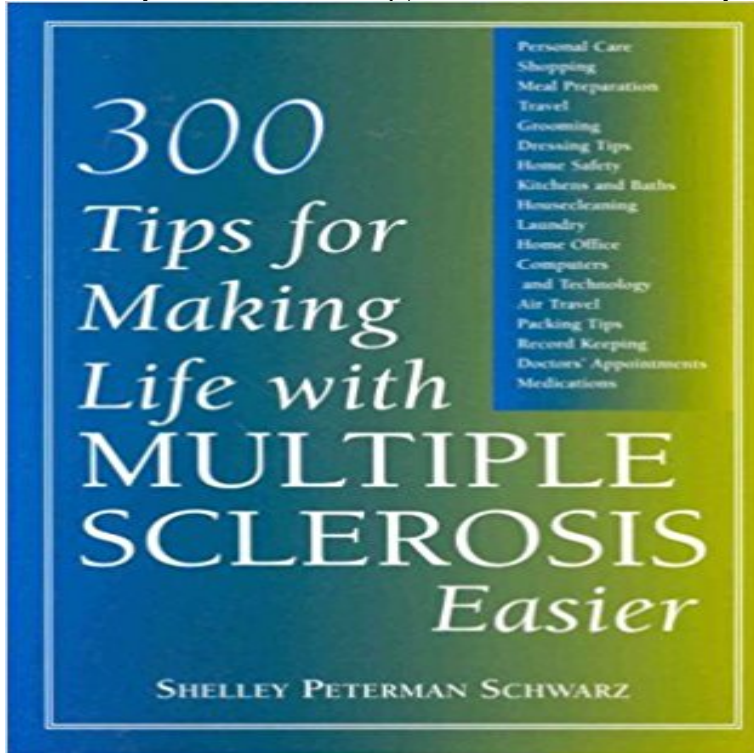


# 300 Tips for Making Life with Multiple Sclerosis Easier



Essential for people with multiple sclerosis (MS) and their families, this book is filled with tips, techniques and shortcuts learned from personal experience. The author offers guidelines and labor-saving tips that sufferers need to know, including how to conserve energy, how to do more of the things you want, and how to work smarter and achieve independence. Empowering, honest and down-to-earth, this book helps people with MS live life to the fullest.

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