



The Hero of the Story: Reclaiming Your Life After a Multiple Sclerosis Diagnosis

Meagan L. Freeman FNP

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Coping with the daily experience of multiple sclerosis can be a challenge. Patients who are seeking information about life after diagnosis will enjoy this personal story of success. Meagan Freeman was a full time college student, veteran ER nurse, and mother of 6 when she was diagnosed with multiple sclerosis in 2009. Meagan continued on with her schooling despite the shocking diagnosis, and graduated with a Masters degree/Family Nurse Practitioner certification in 2012. Balancing a healthcare career, a large blended family, and the daily effects of MS, Meagan offers sound advice on using hardship as a motivator. Readers will find inspiration, knowledge, and hope in this guide to survival and success despite an MS diagnosis. Journal prompts are included at the end of each chapter, culminating in what will become the reader's own "MS story" at the end of the book. Topics include: Diagnosis day, pain, substance abuse, emotional manifestations of chronic illness, parenting with chronic illness, finding an excellent provider, and finding purpose after the career ends. Meagan openly shares her own personal struggles, holding nothing back. She has truly "walked the walk," and readers will experience a living example of success despite illness. "The Hero the Story is an honest look at how multiple sclerosis affected this busy working mom's life. The book is divided into sections focused on a specific illness related topic and includes journal prompts for readers to write down feelings, thoughts and ideas. Obviously, to me this is genius as writing is very therapeutic for me." -Modern Day MS

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