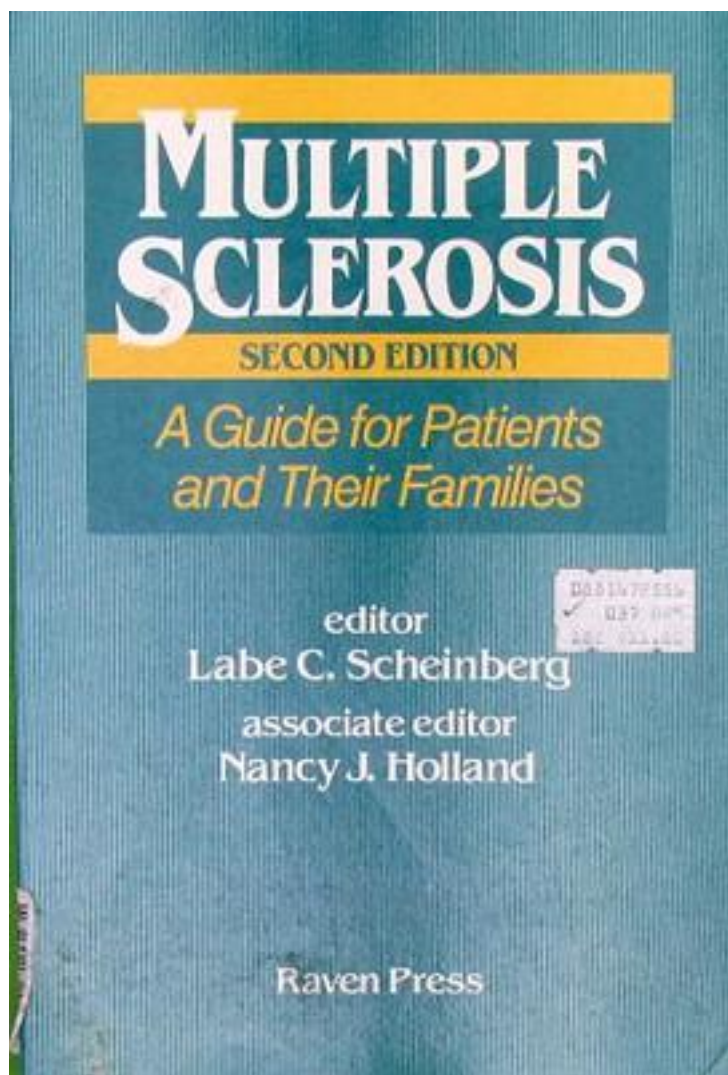


# Multiple Sclerosis



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"This completely revised second edition of "Multiple Sclerosis: 300 Tips for Making Life Easier "contains tips, techniques, and shortcuts to help MS patients organize and simplify their lives. With over 300 tips readers will learn to conserve valuable time and energy, develop techniques for making life easier, so they can enjoy life to the fullest. From basic principles to unique solutions for saving time and energy to specific ideas, this book is packed with helpful information for those coping with the special challenges of a chronic illness. Updated chapters cover Home Safety and Accessibility, Computers and Technology, Looking Good, Feeling Better - Grooming and Dressing, Managing Mealtime, and much more. NEW sections include: Managing medical issuesTravel tips for weekend getaways or extended travelUnique product suggestions for practical helpful items that make everyday tasks easierResource section to easily locate products and services "Multiple Sclerosis: 300 Tips for Making Life Easier, 2nd Edition" is a valuable resource for individuals living with MS, family members, caregivers, and medical professionals."

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