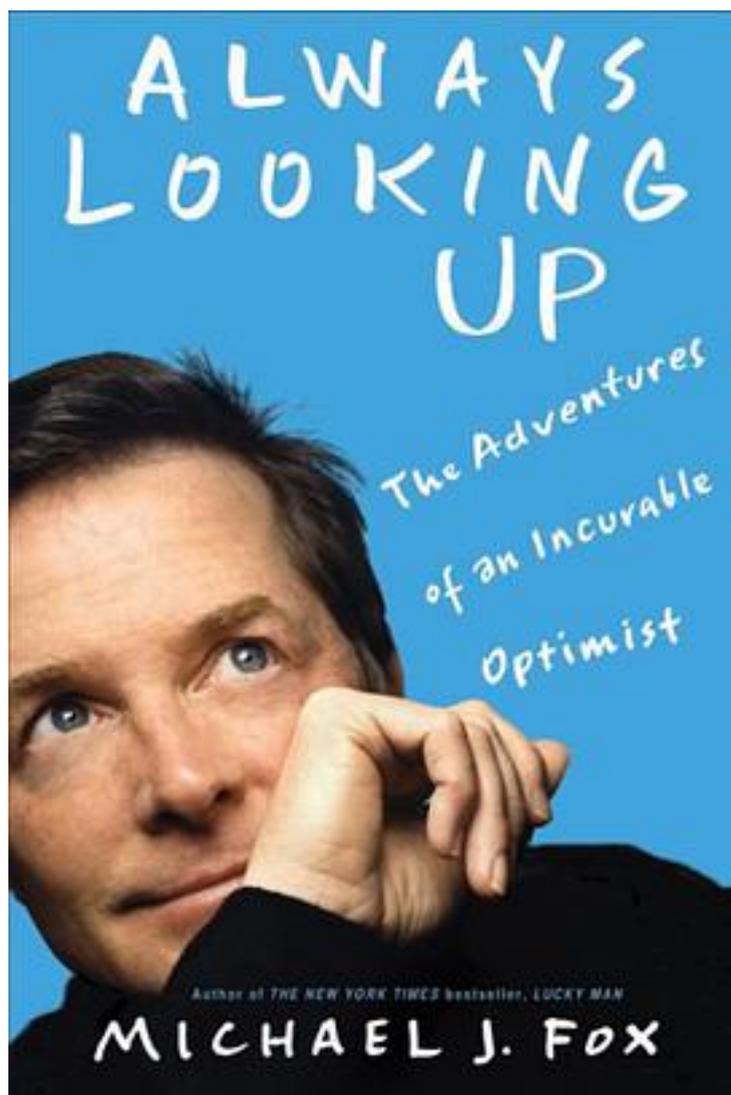


Always Looking Up



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著者:Michael J. Fox

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There are many words to describe Michael J. Fox: Actor. Husband. Father. Activist. But readers of *Always Looking Up* will soon add another to the list: Optimist. Michael writes about the hard-won perspective that helped him see challenges as opportunities. Instead of building walls around himself, he developed a personal policy of engagement and discovery: an emotional, psychological, intellectual, and spiritual outlook that has served him throughout his struggle with Parkinson's disease. Michael's exit from a very demanding, very public arena offered him the time-and the inspiration-to open up new doors leading to unexpected places. One door even led him to the center of his own family, the greatest destination of all. The last ten years, which is really the stuff of this book, began with such a loss: my retirement from Spin City. I found myself struggling with a strange new dynamic: the shifting of public and private personas. I had been Mike the actor, then Mike the actor with PD. Now was I just Mike with PD? Parkinson's had consumed my career and, in a sense, had become my career. But where did all of this leave Me? I had to build a new life when I was already pretty happy with the old one. . *Always Looking Up* is a memoir of this last decade, told through the critical themes of Michael's life: work, politics, faith, and family. The book is a journey of self-discovery and reinvention, and a testament to the consolations that protect him from the ravages of Parkinson's. With the humor and wit that captivated fans of his first book, *Lucky Man* , Michael describes how he became a happier, more satisfied person by recognizing the gifts of everyday life.

作者介绍:

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标签

人生

Michael-J-Fox

励志

评论

Man I'm sorry for you but I just dont like your writing~~ 未读完

Can't help but burst into crying after reading MJF's sister, Karen's death. I love this man from every corner of my heart. Looking forward to read his fourth book, if he is about to write in the future.

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书评

不太清楚书的条理脉络，觉得跳跃的颇厉害，引用的名人名字颇多，但是不怎么能理解书到底想说什么。

当然是我自己得过错，看之前没有仔细读介绍，以为是普通nonfiction谈人们得乐观主义精神的，后来发现是一个从前比较有名得演员讲述自己跟Parkinson's disease斗争的故事。因...

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