



April is not always the Cruellest Month: Twenty-one Days of Focused Writing (Terry's Health Blog) (Volume 1)

Terry Crawford Palardy

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This book contains a collection of health blogs written during the month of April, including reflections of times long ago and looking forward to the future. Multiple Sclerosis altered my life plans; while my long teaching career was ended by its impact, new opportunities were open to me in retirement. Compliance with prescriptions seemed retractive, and self confidence was restored by self-advocacy and self-education. These writings are offered in the spirit of sharing possibilities with others struggling through chronic illnesses.

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