



# **The LIFE Program for MS: Lifestyle, Independence, Fitness and Energy**

*Susan J Epstein*

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Due to some of the limitations imposed by MS, such as chronic fatigue, depression, and muscle weakness, patients often become sedentary, gaining excess weight and developing poor eating and exercise habits. *The LIFE Program for MS* is a user-friendly teaching tool that helps sufferers to incorporate new behaviors into their daily routines, to live a healthier life and reduce the chances of secondary illnesses, such as cancer, stroke, and heart disease. Drawing on her own experience as a professional athlete, as well as her work at the Jacobs Neurological Institute in Buffalo, New York, Susan J. Epstein provides readers with tips and strategies for healthy eating, managing weight, incorporating exercise into daily life, and managing and conserving both mental and physical energy for daily living. She also emphasizes the importance of establishing a support system of coaches who can provide the MS patient with motivation and reinforcement. Finally, she addresses the unpredictable factors in life that affect behavior outcomes, whether family, environment, vocation, or self-awareness.

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People live in this new day of lifestyle always try and and must have the spare time or they will get lots of stress from both day to day life and work. So , if we ask do people have time, we will say absolutely indeed. People is human not just a robot. Then we question again, what kind of activity do you possess when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you ever try this one, reading books. It can be your alternative inside spending your spare time, often the book you have read is usually The LIFE Program for MS: Lifestyle, Independence, Fitness and Energy.

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