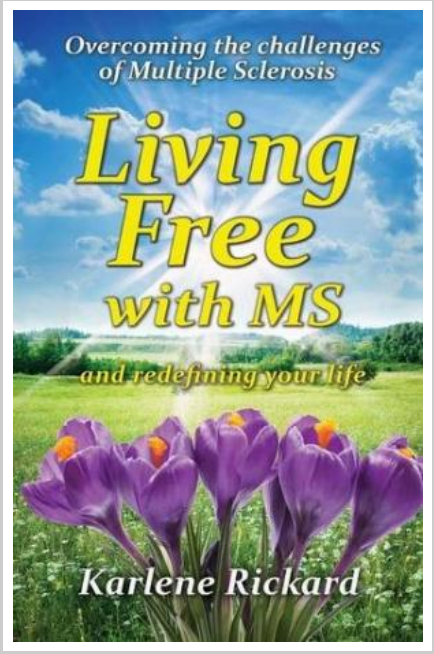


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Living Free with MS: And Redefining Your Life

By Karlene Rickard

Filament Publishing. Paperback. Book Condition: new. BRAND NEW, Living Free with MS: And Redefining Your Life, Karlene Rickard, Karlene began her career as a science teacher and later got involved in community work and counselling. She has worked extensively as a parent facilitator, trainer and counsellor in the UK, USA, Jamaica, Grenada and Trinidad for over 15 years. Her powerful 'Empowerment for Parents' programme is credited with changing lives and creating happier families. She was presented with the Millennium Award for it in 1999 and for her work with African Caribbean families. Karlene's autobiography 'He Speaks' has been widely read and has spread her message that positive relationships, genuine love, and being attuned to the voice of God, is essential to building well-balanced adults. She has achieved all of this despite the challenge of living with Multiple Sclerosis. In this book, she endeavours to enable her experience of living with MS for many years to be of benefit to others who may be starting out on what, at times, could prove to be a very difficult journey.

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