



Just Like Life, Only More So and Other Stories of Illness

Dana Snyder-Grant

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In *Just Like Life, Only More So and Other Stories of Illness*, Dana Snyder-Grant shows how to face illness with wisdom, courage, and humor. The book is a collection of essays based on her experience living with multiple sclerosis for thirty years. She captures her life with chronic illness, as well as the lives of others who have faced the challenge of illness and disability. Dana Snyder-Grant is a therapist specializing in chronic illness and disability. The issues she comes face to face with - asking for help, accepting her limitations, learning to let go, and confronting her prejudice - are the same as the challenges that we all face in life. When she loses her balance and must use a walker, or when she succeeds at climbing a mountain, Snyder-Grant brings readers on her journey.

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