



# It Takes Courage: Coping With Chronic Disease

*Thomas R Holtackers, PT*

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It Takes Courage: Coping With Chronic Illness is about one man's success over adversity. The reader will explore how the author navigated through years of challenges related to his multiple sclerosis diagnosis, while preparing himself for a future free from disability. Through his journey the reader will discover how life with a chronic illness can be lived positively.

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