



# Coping With Multiple Sclerosis: A Comprehensive Guide to the Symptoms and Treatments

*Cynthia Benz, Richard Reynolds*

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**Coping With Multiple Sclerosis: A Comprehensive Guide to the Symptoms and Treatments** Cynthia Benz, Richard Reynolds

Multiple sclerosis (MS) - a disease of the central nervous system - is the most common disabling neurological condition affecting young adults today. In her authoritative and inspiring book, Cynthia Benz demystifies the illness, explains its symptoms and patterns and offers a wealth of practical advice on coping with MS on a day-to-day basis.

Including information on:

- How to cope with stress and remain optimistic
- Available therapies - from traditional drugs and physiotherapy to alternative treatments including acupuncture, homeopathy and massage
- What help is on offer and where it can be found

Revised and updated for the 21st century this is the essential handbook for people with MS, parents and carers alike.

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