



It's Not about Adversity: It's about Living Your Dream! (Paperback)

By Darren Pangle

iUniverse, United States, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.There are no hopeless bodies, only hopeless hearts. What's your excuse? I have had the good fortune to know Darren for over fifteen years. Darren has had Crohn's disease for over twenty years. He has had two surgeries related to his Crohn's disease. He is an inspiration, never giving in to his disease despite the fact that he deals with Crohn's disease issues on a daily basis. His experiences with the disease will likely continue to help to guide others. -Kim L. Isaacs, MD, professor of medicine, University of North Carolina division of gastroenterology For the past twenty-one years, author and exercise kinesiologist Darren Pangle has helped people-from professional athletes to doctors to housewives to the chronically ill-get fit. Whether you have a disease or not, you don't have to be a victim of your own circumstances. Pangle's inspirational memoir, *It's Not About Adversity: It's About Living Your Dream!* shows you how to take charge of your own health, get in shape, and improve your quality of life-even if you...



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