Chronic Resilience

September 24, 2013 By Nicole Lemelle

Resilience is the ability to recover from or adjust to stress of some kind.

I recently had the honor of being featured in the book Chronic Resilience - 10 Sanity-Saving Strategies for Women Coping with the Stress of Illness by Danea Horn. I was impressed by the title itself and then once I started reading the book I became an even bigger fan. The central lesson I learned was that, sick or not, MOST people need to have resilience to simply make it through their daily lives.

I have always been an avid non-fiction reader. Even before MS, I had self-confidence issues. I have always wanted to lose weight for as long as I can remember. I was always reading about how I could make myself better. Dr. Phil's no-nonsense philosophies and Eckhart Tolle's A New Earth: Awakening to Your Life's Purpose came along at the right time. I had a personal library full of self-help books.

I never, besides complaining, really questioned why I got MS. I always figured it was a concept too massive for me to grasp or understand; especially since I've started declining. Ms. Horn presented to me a totally new concept. She herself said she was amazed at how simple it was.

I have multiple sclerosis because...I am human. And like everyone else, I am susceptible to the highs and lows of life.

I guess I can't ask for more straightforward and simple reasoning than that.

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