

Honestly, I don't believe I am better than anyone else. I don't believe I am a hero, a role model or anything like that. I do what I can with what I've been given.

As you may know, I'm in the most advanced phase of the disease. And I've accepted it. I even learned to appreciate it, or at least appreciate what it made me, and I know it sounds crazy but *it's the truth*. I chose to live it as an incredible human adventure, as intense and unique and horribly complicated as it is.

Like I've said quite often before, I don't wish it upon anybody, but it is an experience worth living. It's not like I can get rid of the illness anyway; believe me, *hating it won't help*. It would be like hating a part of yourself. *Anger is never the answer*. But I know folks, easier said than done.

So I did what I used to do my whole life: see the glass half-full. Even if there's just a drop at the bottom. Contentment, enjoying what we have, is to me the key to happiness. I find obstacles, as painful as they can be, to be perfect excuses to become a better person. I obviously jumped at the chance to do so.

Your best friend during this time is a *peaceful soul, peaceful heart*. Without it, you can't rest. It's impossible to find it in anger or hatred. You just need to come to terms with the fact that your life has changed and you can either accept, or reject it.

Kisses to all of ya.

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