



It s Not about Adversity: It s about Living Your Dream!

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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