



Hold On, Let Go: Facing ALS with courage and hope

Nadine Sands

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A couple holds on to Faith, Hope and Love as they learn to let go.

This 'stay positive in difficult times' story is about a man with ALS (also known as Lou Gehrig's disease) and his wife who writes about their inspiring journey in her blog called *ALS With Courage*.

Nadine Sands reflects on her husband's strength and determination, on their hope and faith in God, and the sorrow and joy of learning to let go...

"Mike has let go of working, walking, talking, eating, moving and slowly he lets go of breathing. And I am letting go of him... With each loss we gain; by losing so much, we have more than we could imagine."

Follow Nadine as she learns to savour every moment, to give thanks in all circumstances, and to cherish the love...

"Our love would never have known these depths had Mike been taken away suddenly. Instead we were given three to five years to rejoice, pray and give thanks together everyday..."

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