

I Am More Than My...MS

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In her early twenties, Sarah scored so high on her military fitness test that she was considered for the Special Forces. Then came the aches and fatigue, followed by the seizures. Multiple sclerosis, her doctor diagnosed. Soon, Sarah, a former competitive swimmer and lifelong runner, often couldn't walk without a cane. The physicality she'd been so proud of was gone.

In its place: anger, grief, a devolving sense of self-worth. "I resented the hell out of my body," she says. "And I didn't know how to talk about it."

Friends eventually convinced Sarah to see a therapist, who helped her develop a new mantra: "I can hate my stupid legs, or I can wake up and say, 'Hey, legs, how are we going to work together today?'"

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