



My Life, Legacy and ALS

Sonal Shah

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A must-read for anyone who participated in the Ice Bucket Challenge, *My Life, Legacy, and ALS* shares one woman's remarkable story of living with the devastating diagnosis also known as Lou Gehrig's disease.

Born and raised in India, Sonal Shah eventually moved to the United States, where she enjoyed a successful twenty-five-year career, married, and had a daughter. Always one to give back, she actively volunteered in the community and even ran for local office. Engaged at work, planning for retirement, life was good for Shah—until she suddenly faced the shattering news that she had ALS.

“ALS is not a life-threatening disease. It is a life-taking disease,” Shah declares. And for the first few weeks, she honestly thought her life was already over. But amid the crushing waves of emotion, a reviving truth began to emerge. ALS can only control her physical abilities—she still has the power to choose who she will be and how she will live for the time that remains for her.

A candid and inspiring call to action for ALS patients and those who love them, Shah's memoir is also a resource for practical information. Hers is a legacy of joy and unexpected hope.

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