



Silver Linings: The Essential Guide to Building Courage, Self-Respect and Wellness (Paperback)

By Leaha Mattinson

Balboa Press, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. When a Dark Cloud Hangs Over You, How Do You Live a Life That Shines? When Leaha Mattinson tested gene positive for Huntington s disease--an incurable genetic illness that attacks the mind and body--she was devastated. Suddenly, her life as a busy working mother of two was turned upside down, and the future was terrifying. But Leaha knew she had a choice to make: either exist in a perpetual state of fear or take charge of her own destiny and make the most of every day. Drawing from her experience as a life and executive coach, as well as her background in fitness, Leaha developed a plan to keep her brain and body in peak condition, halt the onset of HD, and live each day to the fullest, no matter what. So far her efforts have paid off, and she is enjoying vibrant health. In Silver Linings she shares her amazing journey in a way that showcases her courage, wisdom, and quirky sense of humor. Every human being will experience life-changing trials that provoke anxiety and worry. Leaha s story, written in a...

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