Inspirational Quotes from People with ALS
(Amyotrophic lateral sclerosis, also referred to as Lou Gehrig’s Disease or motor neuron disease)

“I might have been given a bad break, but I’ve got an awful lot to live for.”
— Lou Gehrig

“Concentrate on things your disability doesn’t prevent you doing well, and don’t regret the things it interferes with. Don’t be disabled in spirit, as well as physically.”
— Stephen Hawking

“The main thing, of course, is to not let them defeat you. Don’t fear them. Accept that they are part of something beyond your control. Embrace them, learn how to cope with them, and then shove them aside. They’re bumps.” (Regarding health setbacks)
— Jerry Gladman, writer
(Read more of Jerry’s story here: http://www.alsindependence.com/Jerry_Gladman%27s%20Story_one.htm)

“I realized that, like everything else in life, attitude and perspective are everything. Well, I know that I cannot control what ALS is doing to my body, but I can certainly control how I think about it. If I decide, it’s ‘the worst thing imaginable,’ then it will be. Conversely, if I see this illness as a gift and a blessing, that changes everything.”
— Catherine Royce, writer
(Read more about her story here: http://www.alsa.org/als-care/stories/catherine-royce.html)
“Your reality today was constructed by your thoughts yesterday. Your reality tomorrow will be constructed by your thoughts today. When you realize this deep inside yourself, you can begin to consciously participate in shaping your own life circumstances; even if your body doesn’t work.”

— Mike Bougher, artist
(Read Mike’s reasons for being grateful here: http://alsn.mda.org/article/reasons-why-%E2%80%99m-grateful-als)

“As I slowly lost my speech, I gained my voice. As I diminished, I grew. As I lost so much, I finally started to find myself.”

— Neil Selinger, writer
(Read about how Mr. Selinger wrote his first book after being diagnosed with ALS here: http://www.nytimes.com/2011/03/07/nyregion/07towns.html?_r=0)

“I believe happiness is a choice. Some days it is a very difficult choice. This is true for everyone. I look at the human life like an experiment. Every new moment, every new experience, tragic or otherwise, is an opportunity to gain a more accurate perspective and helps lead me to clarity.”

— Steve Gleason, former New Orleans Patriots player
(Read more about Gleason’s story here: http://www.usatoday.com/story/sports/nfl/2013/01/28/steve-gleason-super-bowl-als/1872379/)

“Let others help you. This is not a disease for heroes so there is no sense in trying to go it alone. Let others in, especially those who love you, be they family or friends. Let them help you, comfort you and love you. And love them back.”

— Jerry Gladman, writer

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Sources: als.net, alsindependence.com