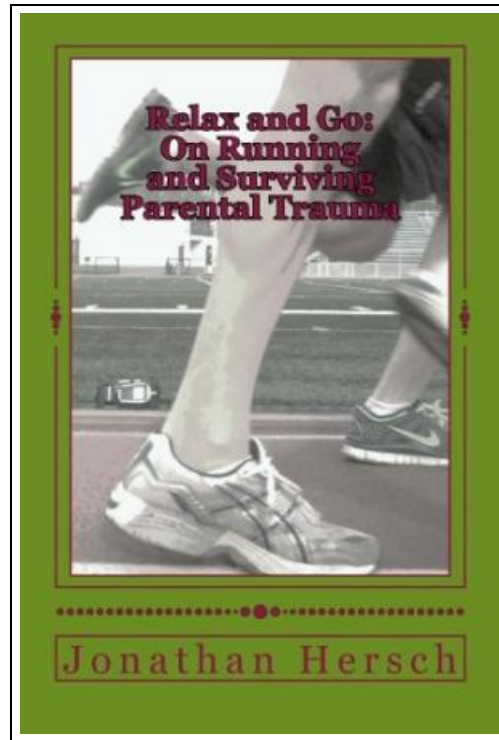


Relax and Go: On Running and Surviving Parental Trauma



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Reviews

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(Dr. Porter Mitchell)

RELAX AND GO: ON RUNNING AND SURVIVING PARENTAL TRAUMA



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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 240 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. With the tension of the riveting, seminal track race embedded in its narrative, *Relax and Go: On Running and Surviving Parental Trauma* is the inspirational response of a father to his children's traumas. Duke University's most valuable cross country runner of 1987 serendipitously re-encounters and marries his childhood sweetheart on his way to living the American dream only to learn that the setbacks he faced as a successful athlete are trivial compared to the emotional toil of having two of his three children diagnosed with diabetes, one of whom was already struggling with significant learning differences. While *Relax and Go* will swiftly engage any parent whose child is suddenly diagnosed with a serious condition, disability, or even a lesser trauma, it possesses the fleshy characters of quality literary fiction. The infant boy with reflux becomes the four-year-old with juvenile diabetes, but even after his diagnosis with asthma and an extended recovery process from multiple concussions, he retains his indomitable spirit and disarming sense of humor. The story of the learning-different youngest child and her struggles with dyslexia, ADHD, processing and anxiety disorders, and eventual juvenile diabetes diagnosis is immediately alarming: *I am stupid. I am ugly.* Her moving story is heartbreaking as she thoughtfully exclaims, *God made a mistake. Only Ben was supposed to get diabetes.* Yet, she is triumphant as she learns to read and understand herself: *... Mommy and Daddy were right. I am not ugly and I am not stupid.* The self-described Oreos-filling middle child could have been easily crushed by the extraordinary attention necessarily dedicated to her top and bottom siblings, but like that cookies center, she cements the parts with her...



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