

Rendirse no es una opci3n (Spanish Edition)



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Reviews

It is one of the best books. Better than ever, though I am quite late in starting to read this one. You won't feel monotony at any moment of the time (that's what catalogues are for regarding in the event you check with me).
(Dr. Kristin Dickens)

RENDIRSE NO ES UNA OPCIÓN (SPANISH EDITION)



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Lectorum Pubns (Adult). Paperback. Condition: New. 176 pages. Dimensions: 9.1in. x 6.1in. x 0.8in. Ramn Arroyo was just 32 years old when he was diagnosed with multiple sclerosis. Up until then, he thought he had it all. The prognosis was grim. The doctors told him soon he would not be able to walk, but, inside of giving in, he started running. A few years later, he competed in his first Ironman competition. He shows readers that nothing should ever keep you down if you set your mind to it. Cuando me diagnosticaron esclerosis múltiple, un médico me aseguró que en poco tiempo no podría caminar ni 200 metros. Unos años después, participaba en mi primera Ironman, la prueba más exigente del triatlón. En 32 años lo tenía todo: era un hombre sano, enamorado, con sentido del humor y luchador. Ejecutivo comercial en una gran empresa, viajaba constantemente por todo el mundo, saltando de un continente a otro con la misión de cerrar acuerdos importantes. Mi vida profesional transcurrió entre países exóticos, hoteles lujosos, esperas en aeropuerto, aviones estrechos y reuniones tensas e interminables. Lo tenía realmente todo. Pero aquello pareció desvanecerse para siempre una mañana de vacaciones. Se me cayó el cigarrillo de las manos. No una, sino dos veces. No le di mucha importancia al principio, pero fueron las primeras señales de un conjunto de síntomas que me preocuparon. Poco después me dijeron que padecía esclerosis múltiple. Me pronosticaron un futuro bastante gris y lo acepté, pero cuando vi que no podía coger en brazos a mi hijo, cambié totalmente de actitud. Empecé a recorrer cada día los 200 metros que separaban mi casa de la estación de metro. Cuando comprobé que podía hacerlo, decidí aumentar la distancia. Poco a poco, correr se convirtió en mi apuesta vital hasta que quise...



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