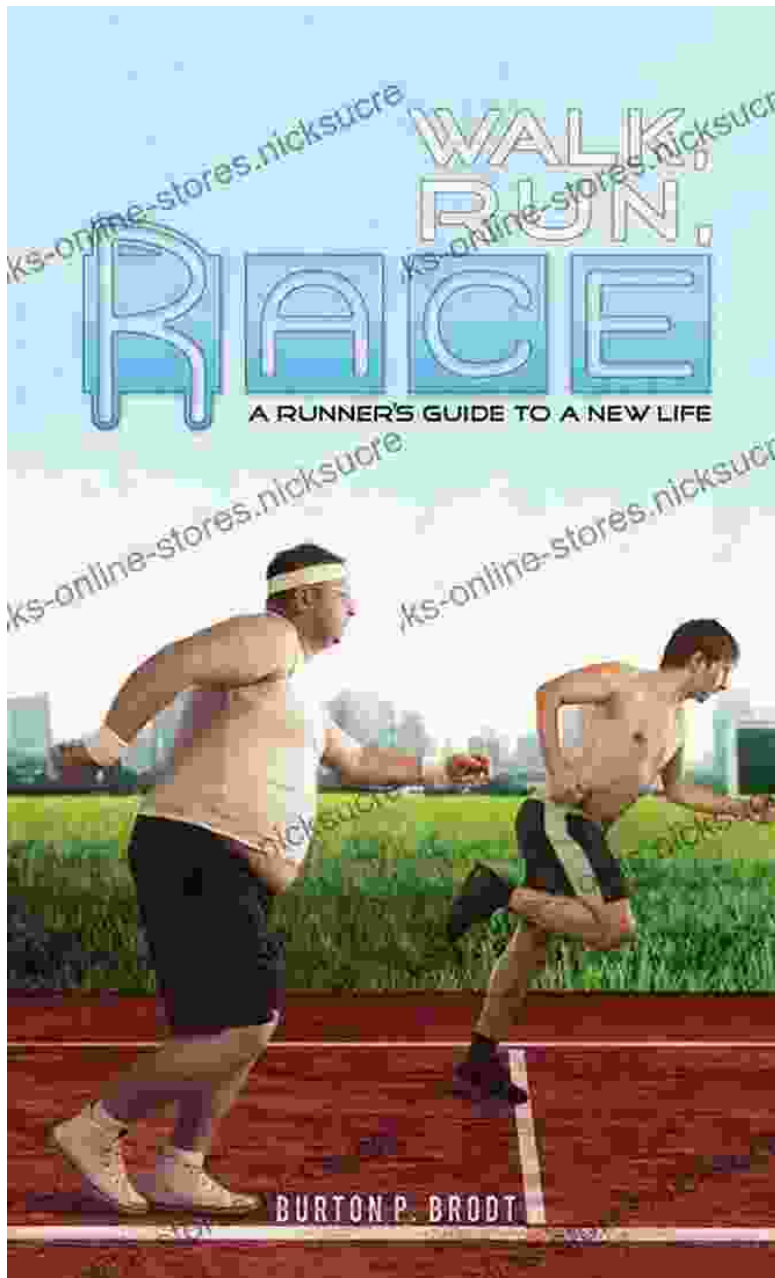


While Run This Race: A Journey of Faith, Friendship, and the Power of Running



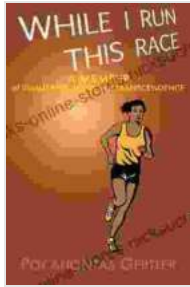
While I Run This Race by Pocahontas Gertler

★★★★★ 4.7 out of 5

Language : English

File size : 1281 KB

Text-to-Speech : Enabled



Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 257 pages
Lending	: Enabled



About the Book

While Run This Race is an inspiring memoir by Michael J. Fox, an actor who has Parkinson's disease. The book chronicles his journey of faith, friendship, and the power of running to overcome adversity.

Fox was diagnosed with Parkinson's disease in 1991, at the age of 29. The diagnosis was devastating, but Fox refused to give up. He continued to work and raise a family, and he eventually became an outspoken advocate for Parkinson's research.

In *While Run This Race*, Fox shares his story with honesty and humor. He writes about the challenges of living with Parkinson's, including the physical symptoms, the emotional toll, and the social stigma. He also writes about the ways that faith, friendship, and running have helped him to cope with his disease.

While Run This Race is a powerful and inspiring memoir that will resonate with anyone who has faced adversity. Fox's story is a reminder that even in the darkest of times, there is always hope.

Praise for While Run This Race

"*While Run This Race* is a must-read for anyone who has ever faced adversity. Michael J. Fox's story is inspiring and uplifting, and his message of hope will stay with you long after you finish reading the book."

- Oprah Winfrey

"Michael J. Fox is a true inspiration. His story is a reminder that even in the face of great challenges, we can always find hope and strength."

- President Bill Clinton

"*While Run This Race* is a powerful and moving memoir. Michael J. Fox's writing is honest, insightful, and often humorous. This book will stay with me for a long time."

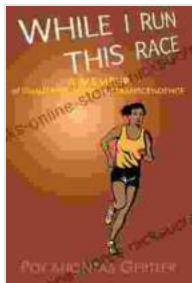
- Tom Hanks

About the Author

Michael J. Fox is an actor, author, and activist. He is best known for his roles in the *Back to the Future* trilogy, *Family Ties*, and *Spin City*. Fox was diagnosed with Parkinson's disease in 1991, and he has since become an outspoken advocate for Parkinson's research.

Fox has written four books, including *Lucky Man*, *Always Looking Up*, *A Funny Thing Happened on the Way to the Future*, and *While Run This Race*. He has also starred in a number of documentaries about Parkinson's disease, including *Michael J. Fox: Fighting Back* and *Michael J. Fox: Still Standing*.

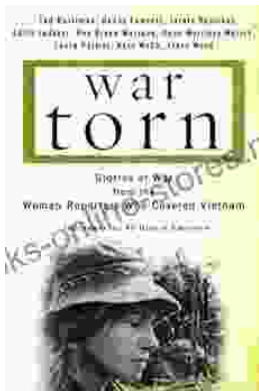
Fox is a role model for millions of people who are living with Parkinson's disease. His story is a reminder that even in the face of adversity, we can always find hope and strength.



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