

# Unveiling the Extraordinary Journey of David Bugenhagen in "Humbled"

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[/EINPresswire.com/](https://EINPresswire.com/) -- In his new thought-provoking book, author David Bugenhagen boldly shares his profound encounters with Lyme disease, shedding light on the challenges of diagnosis and treatment surrounding this often-misunderstood illness. *Humbled: The Journey To Understanding Life and Chronic Lyme Disease* (\$24.99, paperback, 979-8-218-36246-1)

During the early 2000s, Lyme disease was underestimated in the Midwest, particularly in Wisconsin, with prevailing beliefs that it was easily identifiable and treatable. Chronic Lyme disease was dismissed as an unfounded claim, leading to stigmatization and misconceptions about those affected.

Through the pages of *Humbled*, David Bugenhagen, a man without traditional academic credentials, invites readers on a raw and authentic journey. This captivating narrative transcends the boundaries of a mere health account; it delves deep into the essence of life, portraying a resilient individual whose world was upended by unforeseen circumstances, yet who navigated back to a semblance of normalcy with unwavering determination.

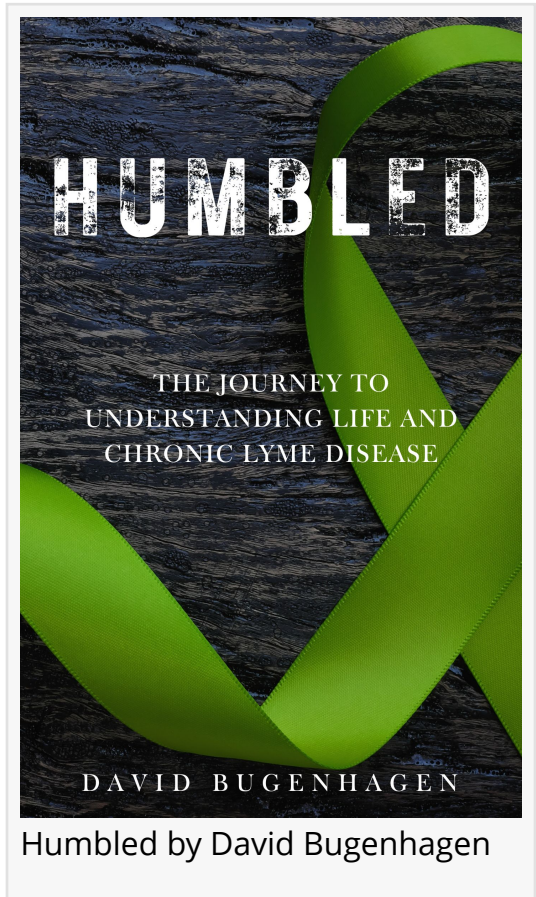
Reflecting on his experiences, Bugenhagen's words echo a universal truth - that life's twists and turns rarely align with our plans. His message of gratitude and the pursuit of personal excellence serves as a poignant reminder to embrace life's challenges and leverage one's unique abilities to strive for greatness.

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What you may deal with as a kid or a teenager may seem terrible at the time but can actually make you stronger to face things as an adult.”

*David Bugenhagen*

*Humbled* is not just a book about Lyme disease; it is a compelling testament to the human spirit's resilience, offering inspiration and insight into the power of perseverance in the face of adversity.



Humbled is now available for sale online through [www.livehumbled.com](http://www.livehumbled.com), [amazon.com](http://amazon.com), and [barnesandnoble.com](http://barnesandnoble.com).

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