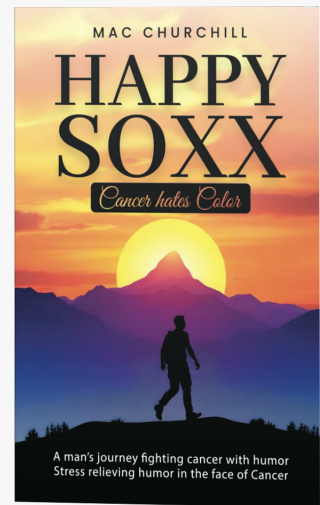


# Mac Churchill's Happy Soxx Offers a Clear-Eyed Look at Living with a Rare Medical Condition

*The memoir follows the author's experience with Myelodysplastic Syndrome and the life he continued to build beyond the diagnosis.*

YORBA LINDA, CA, UNITED STATES, June 30, 2025 /EINPresswire.com/ -- "[Happy Soxx](#)", written by Mac Churchill, presents a detailed personal account of life after being diagnosed with Myelodysplastic Syndrome (MDS), a rare blood disorder. Rather than focusing solely on the medical aspects, the memoir reflects on how Churchill continued to work, contribute to his community, and engage in the activities that mattered to him.



Happy Soxx

Diagnosed in 2014, Churchill documents the changes that followed the news—both physical and emotional. The book recounts the process of receiving the diagnosis, adjusting to new limitations, and making decisions about how to move forward. Told with directness and clarity, the memoir avoids dramatization while still offering a view into the daily realities and long-term effects of living with MDS.

Outside of his medical journey, Churchill outlines the routines and relationships that helped him maintain a sense of normalcy. He stayed committed to his work, successfully expanding his family business while supporting employees and mentoring others. His active involvement in several civic and charitable committees across Fort Worth also continued, as did his personal routines—working out with a trainer, playing weekly rounds of golf, and spending time with friends and family.

Churchill's focus on maintaining community ties, physical activity, and a sense of purpose offers a grounded example of how one person managed serious illness without withdrawing from

everyday life. The memoir also touches on his experiences with travel and leisure, showing how he adapted his lifestyle while continuing to explore and stay socially connected.

Born in 1949, Churchill brings decades of experience and reflection to the book. His writing avoids sensationalism and instead presents a calm, practical perspective on how to manage change, support others, and stay engaged.

“Happy Soxx” is currently available on [Amazon](#), Barnes and Noble, and other leading online bookstores worldwide. To learn more about the book or the author, visit <https://happysoxx.com/>.

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