Shelley Schuring, Author, Reflects on Her Journey and Why 50 Years with Multiple Sclerosis Is Not a Death Sentence

They told her MS was the end of her story. Fifty years later, Shelley Schuring is still writing it.


Shelley Schuring

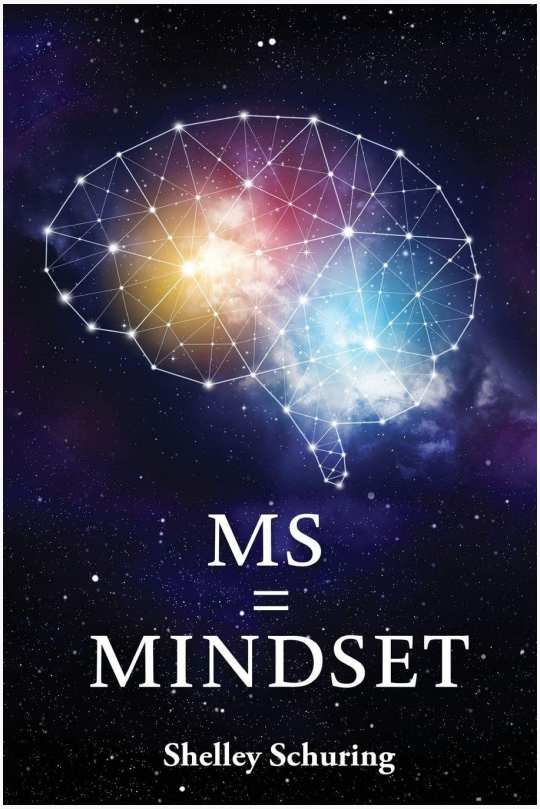
LOS ANGELES, CA, UNITED STATES, September 29, 2026 /EINPresswire.com/ -- Many people fear hearing the diagnosis of Multiple Sclerosis. They assume the worst and often do not understand the full scope of the disease. For Shelley Schuring, author and motivational speaker, her MS diagnosis meant a new beginning and a journey of understanding and healing. She continues to redefine what it means to live with a chronic physical condition. Through her book, MS = MINDSET, Schuring shares the enduring wisdom gathered from over fifty years of living with Multiple Sclerosis.

“My primary mission is to deliver a message of hope and empowerment to anyone facing a life-altering health diagnosis, demonstrating that MS is not a death sentence, but rather a catalyst for living with intentionality and profound purpose,” says Schuring.

When first confronted with a serious illness, fear and uncertainty often dominate a person's life, leading many to believe that their future has been permanently compromised. MS = MINDSET, reframes this narrative entirely by offering a perspective grounded in half a century of real-world experience, adaptability, and emotional strength. Schuring wrote the book to reach individuals who feel overwhelmed by health challenges, offering them clear proof that physical limitations do not need to dictate an individual's potential or overall quality of life.

“I want people to know that whatever they are diagnosed with, their body can heal. People can live a full and productive life with MS—I am living proof. There are many ways to get through emotional and difficult times. I wrote my book as a handbook to show you how,” Schuring

explains.



She says that receiving an MS diagnosis can feel as though your entire world is coming to a sudden halt, yet it does not have to be the end of your story. Looking back over decades of treatments and medications, she wrote MS = MINDSET, to remind people that it is entirely possible to thrive, experience genuine joy, and maintain a deeply fulfilling life despite long-term health obstacles.

“You must remember to take baby steps. It will not come all at once, but you will get there. I had two small children at the time of my diagnosis. Despite the uphill battle, I decided to remain positive. In the '70s there was little known about Multiple Sclerosis, but now we know so much more.”

She adds, “When I was first diagnosed, I went blind in one eye. I am sharing my story because there are others out there going through the same thing. Don’t get discouraged and don’t let fear stand in your way. Remember you are in far more control over your destiny than you realize."

Readers give praise for Schuring's work, saying, “A tale of resilience, perseverance, hope and success -- in battling through a long life successfully lived with the dreaded diagnosis of MS (Multiple Sclerosis). Ms. Schuring is an inspiration for all of us to learn that we can rise above our small and petty challenges to live the full and wonderful life we absolutely can achieve.” - Amazon Reviewer.

“This book is not just for those with MS,” Schuring concludes. “This is for anyone battling a difficult situation. Remember the finish line is only as far away as you imagine.”

MS = MINDSET, remains available to readers worldwide on Amazon in paperback, hardcover, audio, and Kindle formats. Her book is also soon to be available in Portuguese, Spanish, and French translations. Click here to purchase copies: https://www.amazon.com/MS-Mindset-Shelley-Schuring/dp/B0FRKSQYZ1/

About Shelley Schuring

Shelley Schuring is an author, speaker, and 50-plus-year MS survivor dedicated to helping others cultivate resilience, positivity, and purpose when facing life's greatest physical challenges. Through her writing and public outreach, she encourages audiences to discover the power of a proactive mindset.

For more information about Shelley Schuring, to submit speaking inquiries, or to follow her ongoing advocacy and work, visit https://authorshelleyschuring.com/

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