



FOR IMMEDIATE RELEASE:

Inspirational New Guide Counsels Couples Coping with the Stress of Chronic Illness

Chris M. Tatevosian's *Life Interrupted-It's Not All about Me* shares his experiences with Multiple Sclerosis and how his attitude affected his relationships

HOLLISTON, MASSACHUSETTS-*Life Interrupted-It's Not All about Me* by Multiple Sclerosis sufferer Chris M. Tatevosian guides patients and caregivers with the awareness, knowledge and understanding they need to deal more positively with the emotional and physical stresses put on a relationship interrupted by illness or disability.

Chronic illness doesn't just cripple the mind and body; it can cripple even the strongest relationship. People dealing with MS or any chronic illness need coping skills. Now, Chris M. Tatevosian, a sufferer of the chronic disease Multiple Sclerosis, chronicles his own struggles and shows viewers how he learned to cope with the disease and with the subsequent breakup of his marriage.

The facilitator of a popular course, "Life Interrupted," at the First Congregational Church of Hopkinton, Tatevosian shows readers how to better take care of themselves and maintain their important relationships. Written in warm, compassionate prose, the book explores how a "poor me" attitude can destroy a relationship, and it shows how to develop a greater feeling of self-worth and self-esteem. This is a terrific book for anyone who wants to deal more positively with illness or strengthen a relationship.

"A real person, speaking right from the heart, and it touched my heart."

-Rick Mansfield, Caring Coordinator, The First Congregational Church of Hopkinton, Massachusetts

For more information or to request a free review copy, please contact the author at duketate@aol.com. *Life Interrupted-It's Not All about Me* is available for sale online at Amazon.com, Borders.com, and through additional wholesale and retail channels worldwide.

About the Author

Chris Tatevosian grew up in Holliston, Massachusetts and graduated from Johnson State College in 1983 with a Bachelor of Science in Ecology and a minor in Chemistry. In 1980, he was diagnosed with Multiple Sclerosis. A onetime occupational safety consultant, Tatevosian is divorced and concentrates on his writing.

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