

# EVEREST STRONG

Reaching New Heights with Chronic Illness

A man wearing a grey jacket, sunglasses, and a beanie is sitting in front of a large, snow-capped mountain range. He is surrounded by colorful prayer flags and a stone marker that reads "EVEREST BASE CAMP 2015". The background shows a vast, rugged mountain landscape under a blue sky with some clouds.

**ROB BESECKER**

Foreword by Steven M. Derks, former president and  
CEO of the Muscular Dystrophy Association

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An Inspirational Memoir

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**DISCLAIMER:** There are as many versions of an individual's history as there are people included. This is mine. In order to protect the privacy of certain individuals and companies, I have changed some names, places and recognizable details mentioned in the book.