

ALS: MY GREATEST TEACHER

A Journey of Awakening, Loving, and Surrendering

PREFACE

This book is about awakening. It is a book about surrender and about what presence truly means. It's a companion for anyone who's not afraid to ask honest questions—and wait for honest answers. Even when those answers upend everything. Even when they call you forward into a life you haven't yet imagined. Into the intimacy of not knowing.

This story is my story, but it may also stir something in you. That's why, at the end of each chapter, you'll find a simple reflection—a sacred pause, really—to help you notice what's rising within you. You may skip them and stay with the rhythm of the story. Or you may choose to linger, letting each question open a doorway into your own brave and beautiful soul. However you move with this book, may it be a companion, a mirror, and a blessing. And may you always remember: You are not alone, and you are enough. May these pages meet you wherever you are. And may they help you remember who you truly are.

PROLOGUE

WE ARE NOT SO DIFFERENT

We are not so different, you and I. Maybe you're standing at a crossroads right now, questioning a relationship, your purpose, or your path. Maybe something you never saw coming has brought you to your knees. Or maybe, like me, you're simply tired of disappearing from your own life.

That's where this story begins, not with a diagnosis but with a decision. To listen to the quiet voice inside. To take one brave step toward the truth. To stop waiting for permission to be who I really am.

Before ALS ever entered our lives, I was already doing the work of leaving what no longer fit, learning how to trust myself, and building something new from the ground up.

Yes, this book is about love, not the kind that plays nice but the kind that grows fierce and honest. The kind that calls you to stop abandoning yourself. The kind that holds steady when everything else falls apart. It's about surrender: the painful, beautiful art of letting go, again and again. It's about presence—staying here in this moment, without flinching, even when it hurts.

It's about identity—losing who you thought you were, only to discover who you truly are. It's about divine timing, the kind that doesn't make sense until later, when you realize you were being prepared all along. What feels like the end might just be your beginning.

It's also about the slow and sacred goodbye to the man I chose to love again. But more than anything, it's about presence—with ourselves, with one another, and with what is real and true. It's about becoming the woman I was always meant to be, not in spite of hardship but because of it.

If you're in the middle of a transition, if life has shifted beneath your feet, this story is for you. Not to tell you how to live. Not to tell you the choices to make. But to be a companion to remind you that your voice matters. Your needs matter. You matter.

I hope you find pieces of your own story in mine. And more than anything, I hope you remember: You are not alone. Let this be your permission to soften, to awaken, and to live.

With presence,

Bonnie