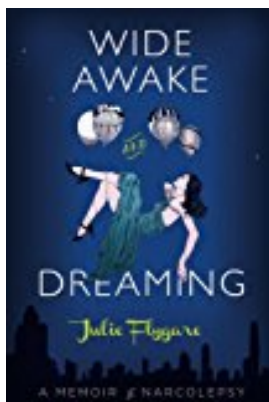


[PDF] Wide Awake And Dreaming: A Memoir Of Narcolepsy

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Description:

Review Julie's memoir describes with eloquence the transformation of a life by narcolepsy, from dreams to nightmares. --Emmanuel Mignot, M.D. Ph.D. Director, Stanford University Center for Sleep Sciences

If you want to find out what it is like to have narcolepsy, you must read Wide Awake and Dreaming. Julie s memoir is so well written with such interesting and entertaining detail, honesty and openness.

Julie describes her story so clearly as her story and yet, many people will recognize their own story in here. A wonderful recommended must read for everyone! Julie is a natural story teller. --Eveline Honig, M.D., M.P.H. Executive Director, Narcolepsy Network, Inc.

Julie shares her story brilliantly. She relates the details in such a way, that it is an easy read with snippets of humor added. This, I believe, makes her an ideal spokesperson for narcolepsy. Julie is all about helping others to empower themselves; to make their journey into the unknown a little less scary than it was for her. She uses her own life s experiences to teach us how to find humor, and hope, in our own health circumstances. Whether you have narcolepsy, or another condition, this is a must read book. --Michelle King Robson, Founder and Chairperson, EmpowHER

About the Author Julie Flygare received her B.A. from Brown University and her J.D. from Boston College Law School. Her first book, *Wide Awake and Dreaming* describes her experiences with narcolepsy, from collapsing to the ground to running the Boston Marathon. It won the San Francisco Book Festival Award for Biography/Autobiography. Diagnosed with narcolepsy in 2007, Julie has become a national narcolepsy spokesperson and advocate. Her dreams are studied in Harvard Medical School s curriculum. Her story has been featured by Marie Claire Magazine, ABC News, NBC News, Sirius XM Radio and Psychology Today.

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