



**FOR IMMEDIATE RELEASE**

### **Overcoming Multiple Sclerosis Through Perseverance and Tai Chi**

*New book explores how embracing Chinese medicine defined one woman's unlikely healing journey*

**Austin, Texas [Feb. 22, 2022]** – At 22 years old, Arlene Faulk lost all feeling in her body from the waist down. With no diagnosis, she was left with one thought: *What is happening to my body?* In [\*Walking on Pins and Needles: A Memoir of Chronic Resilience in the Face of Multiple Sclerosis\*](#) (River Grove Books, Feb. 22), Faulk recounts how she regained mobility, embraced the power of Tai Chi, and took back control of her life.

In this moving and illuminating memoir of one woman's years-long struggle to understand and conceal her debilitating symptoms as she ascends the corporate ladder in a major airline comes a story of perseverance, rediscovery, and hope in light of multiple sclerosis. As she jumps into the unknown, Faulk finds comfort and healing through Chinese medicine and Tai Chi. Her inspiring story demonstrates how a chronic and debilitating health condition lacks the power to control our lives and stop us from moving in the direction of possibility.

Faulk provides “an inspirational account of the power of self-healing,” according to Dr. Rowena Chua of Meliora Integrative Medicine. “I highly recommend this book to anyone going through their own personal health and healing journey.”

“With a quiescent calm and intimacy, Faulk takes us on her journey from getting off the couch to teaching Tai Chi in response to a debilitating disease,” said Dr. Lori Howell, associate professor at the Pacific College of Health and Science. “This is an inspiring read for acupuncture and Tai Chi students and practitioners and for those with chronic illness who are bold enough to look outside of the box.”

“I want to inspire readers to think about new directions and muster courage to face their fears about the unknown, to take a step, no matter how small, and to show up,” Faulk said. “When you learn that

letting go is more important than trying harder, you'll be freed to move forward in unexpected ways. Tai Chi has helped me understand this, and I hope my book will help readers to clear their minds and discover new, powerful ideas to live in the moment and uncover new possibilities.”

Pick up your copy of *Walking on Pins and Needles* today and stay updated on Arlene Faulk's endeavors in writing and Tai Chi by visiting [arlenefaulk.com](http://arlenefaulk.com).

### **About the Author**

Arlene Faulk has had a passion for writing from a young age beginning in the 8th grade when she wrote and published her class newsletter, *The Tattler*. She earned a BA in Journalism from the University of Iowa, reporting on everything from Led Zeppelin concerts to protests of the Vietnam War. She went on to receive an MA in Speech Communication from the University of Kansas. Her career path developed in the business world, where she managed human resource departments in a major airline until her body stopped her. Through a zigzag trajectory, she discovered her calling with Tai Chi. She has been teaching Tai Chi for over 20 years in Chicago and Evanston, Illinois.

For more information, please visit [www.arlenefaulk.com](http://www.arlenefaulk.com)

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