



# Looking In The Mirror: A Powerful Book Relating to Living with Bell's Palsy

*Mrs. Kay K. Balgemann*

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# Looking In The Mirror: A Powerful Book Relatig to Living with Bell's Palsy

*Mrs. Kay K. Balgemann*

**Looking In The Mirror: A Powerful Book Relatig to Living with Bell's Palsy** Mrs. Kay K. Balgemann  
This is an accounting of the phases the author has gone through in her journey with having Bell's Palsy, in hopes of helping others understand the disease and its effect on one's life. Understanding the personal side of someone inflicted with a facial change and how you might support their need for acceptance and love. Kay wanted to share her theory of being determined to be the best you can be with whatever is put in your way, you will make it through! She has learned to appreciate other's plight and move toward them and not away from them, shutting them off from those experiences we take for granted Kay's wish is that after reading this, and if you are suffering from Bells Palsy, you will understand that there is hope for you to regain your self-worth. You will and can still take hold of your life and be more than you think you can be! If you are reading this out of curiosity, that you might come away with a greater understanding of the disease and be more aware of those around you who have encountered disabilities of any kind.

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