



One Blink at a Time

Ismail Tsieprati, Cheryl Tsieprati

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One Blink at a Time is Ismail and Cheryl Tsieprati's story of living with ALS (Amyotrophic Lateral Sclerosis, also known as Lou Gehrig's Disease) for 30 years. *One Blink at a Time* is upbeat, inspiring and full of optimism as Ismail and Cheryl recount in alternating chapters how they deal with their daily challenges. Although ALS has stolen Ismail's ability to move, speak, even to breathe on his own, it has not taken away his determination to live a happy and productive life. Ismail spelled out his chapters using eye blinks, letter by letter, word by word. Cheryl and Ismail's distinctive voices add to the impact of this exceptional book. Full of practical advice from training caregivers to preparing for emergencies to surviving the hospital, the book also includes an extensive glossary and resources for anyone dealing with ALS and other disabling conditions. But above all else, *One Blink at a Time* is an inspiring love story. Ismail and Cheryl are as devoted to one another today as they were the day they were married 44 years ago.

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