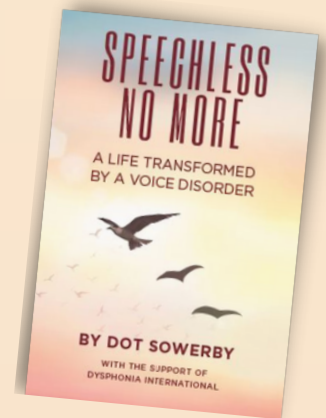


# SPEECHLESS NO MORE

A LIFE TRANSFORMED BY A VOICE DISORDER

BY DOT SOWERBY



Thank you for ordering my new book, *Speechless No More*. I am so thrilled that it is now available!

I hope this book will mean something to you as it means a lot to me. I guess every person struggles with something in their life, but spasmodic dysphonia is no small thing. I'm pleased that I didn't let it get me down. Well, sometimes it did get me down. But I have had a wonderful life so far and I'm looking forward to a lot more fun in the years ahead.

I feel like all of us in the NSDA community are family. We share so many of the same struggles. I would say this to you: Find things other than speaking that help you shine—whether that's running in a race or sharing with your grandchildren or packing up lunches for the homeless or smiling at the handsome gentleman at the next table in the coffee shop. Life is too short to miss out on the things that give you pleasure or the things that help other people.

If you would like to connect with me, please feel free to send an e-mail to [dsowerby@aol.com](mailto:dsowerby@aol.com). I would love to hear what you thought of the book and learn more about your journey. You can also learn more about spasmodic dysphonia at [www.dysphonia.org](http://www.dysphonia.org).

Remember, you are never too old and don't EVER give up!

Best regards,

*Dot Sowerby*