



# Silent Body Vibrant Mind

*Peter Anderson*

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## **Silent Body Vibrant Mind** Peter Anderson

Silent Body -- Vibrant Mind is a love letter about life, love and family. In 2001 Peter Anderson was 37 and had the perfect life: very much in love and recently married, an infant daughter he adored, an intelligent and sensitive man working a job he loved as a popular secondary school teacher and a talented sportsman training for a marathon... The bubble was about to burst. Peter was diagnosed with Motor Neurone Disease (MND), a physically crippling debilitating disease that destroys nerve cells controlling muscular movement. He was told over time his body would cease to function -- yet his mind, his memory, his feelings would be untouched by the disease. His life expectancy was two years. Incredibly, eleven years on, despite Peter's body wasting away, his mind remains as it has always been, strong and vibrant, intelligent, enquiring, touched with gentle humour. Silent Body -- Vibrant Mind has been written often with unimaginable physical difficulty. An unforgettable story about what matters in life.

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