



# Always Looking Up: The Adventures of an Incurable Optimist

By Michael J. Fox

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**Always Looking Up: The Adventures of an Incurable Optimist** By Michael J. Fox

*At the turn from our bedroom into the hallway, there is an old full-length mirror in a wooden frame. I can't help but catch a glimpse of myself as I pass. Turning fully toward the glass, I consider what I see. This reflected version of myself, wet, shaking, rumpled, pinched, and slightly stooped, would be alarming were it not for the self-satisfied expression pasted across my face. I would ask the obvious question, "What are you smiling about?" but I already know the answer: "It just gets better from here." -- from Always Looking Up*

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### Editorial Review

From Publishers Weekly

Considering that this audio book opens with the author detailing the laborious steps necessary just to get out of bed, it's miraculous that Fox's voice sounds just as charming, stalwart and nearly as steady as it did during his long film and television career. There are no frills of any kind with this recording, but none are needed; Fox's tale is engrossing on its own. He pulls no punches describing the hardships—both physical and emotional—that accompanied his diagnosis with Parkinson's, but listeners are quickly reminded that for every challenge the disease brought, Fox trained himself to find the silver lining. The first CD is enhanced with five photos (both viewable and printable) featuring Fox; his wife of two decades, Tracy Pollan; their children; and his eponymous foundation—photos are accessible by using the embedded PDF or via a Web link. *A Hyperion hardcover. (Apr.)*

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Review

"Well-written, unfailingly cheery and warm-hearted and ... truly gripping" Daily Mail "The book is funny, beautiful, informative and poignant. Read it" Sunday Express

About the Author

**Michael J. Fox** began his career as the lovable Alex P. Keaton, the star of the popular sitcom *Family Ties*. Since then, his career has been a nonstop success story, with blockbuster movies like *Back to the Future*, *The Secret of My Success*, *Doc Hollywood*, and the lead voice in Disney's *Atlantis: The Lost Empire*. He retired from his award-winning role on *Spin City*. Michael has won numerous awards, including four Golden Globes, four Emmys, two Screen Actors Guild awards, *GQ* Man of the Year, and the People's Choice award. He actively lobbies for stem cell research around the country and is very visible in raising money for Parkinson's research with the Michael J. Fox Foundation.

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