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One Footstep at a Time Our Race Against Early-Onset Alzheimer's Continues

In “One Footstep at a Time: Our Race Against Early-Onset Alzheimer’s Continues,” Anthony L. Copeland-Parker shares a poignant and inspiring journey of love, resilience, and unwavering determination in the face of adversity.

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In “One Footstep at a Time: Our Race Against Early-Onset Alzheimer’s Continues,” Anthony L. Copeland-Parker shares a poignant and inspiring journey of love, resilience, and unwavering determination in the face of adversity.

When Anthony’s life partner, Catherine Popp, received the devastating diagnosis of Early-Onset Alzheimer’s, Anthony faced the challenge with the same tenacity and grit that had propelled him through life’s hurdles before. From overcoming a learning disability to becoming one of the few African American pilots and navigating the complexities of single parenthood while maintaining a demanding career, Anthony was no stranger to adversity. But nothing could prepare him for the journey ahead.

Rather than succumbing to despair, Anthony and Catherine embarked on an extraordinary adventure, traveling the world as nomads for eight years. Running became their shared passion, a way to seize each moment and defy the disease’s relentless advance. With unwavering optimism, they believed in the promise of a cure just around the corner.

As the disease progressed and the cure remained elusive, their journey shifted. The fast pace of foreign races gave way to a slower rhythm, adapted to Catherine's changing abilities. Yet, Anthony remained steadfast in his commitment to make every day meaningful for both of them.

In this deeply personal and profoundly moving account, Anthony chronicles the second five years of their journey. With honesty and vulnerability, he shares the highs and lows, the triumphs and setbacks, and the invaluable lessons learned along the way. "One Footstep at a Time" is not just a story of survival: it's a testament to the power of love, resilience, and the indomitable human spirit in the face of life's greatest challenges.

About Anthony L. Copeland-Parker



Upon retirement, Tony began writing a blog. Together with his partner Catherine, they have traveled to 82 countries, running at least a half-marathon in 35 countries and on all seven continents. This is his third book, following "Running All Over the World, Our Race Against Early Onset Alzheimer's." His goal is to inspire others daily through his writings and personal interactions. He continues to update his blog, take part in podcast interviews, and share their journey with Early Onset Alzheimer's inspiring and motivate others.

<https://www.fuzionpress.com/anthonylcpelandparker>

To request additional review copies, please contact Ann Aubitz at 612-781-2815 or ann@fuzionpress.com

We look forward to the coverage!