



## daily GOOD

Conquering any difficulty always gives one a secret joy, for it means pushing back a boundary-line and adding to one's liberty. --Henri Frederic Amiel

### **A Marathon with Heart, Literally**

Just six months after undergoing open heart surgery, John Stamler crossed the finish line of the New York City Marathon. Stamler, however, did not just run for himself. He ran to raise awareness and funds for an organization that helped him through the difficulties and isolation of his rare condition. Diagnosed with a condition so rare that it just affects 0.00004% of the US population (or about 120 people), Ben had to struggle to find a solution. Fortunately, he succeeded. But now he's decided to use the Internet to connect people struggling with conditions like his.

### **Be The Change:**

Learn more about [BensFriends.org](http://BensFriends.org), that connects patients with rare diseases.