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## You can lean on Nancy Davis

By Jenny Peters

Looking at Nancy Davis at her "Lean on Me" book launch party at Norman's restaurant on Tuesday night, one would never know she had a care in the world. Relaxed and sophisticated in a low-cut black dress set off with her own Peace and Love diamond jewelry and surrounded by a who's who of Hollywood well-wishers, it was hard to see any of the effects of the multiple sclerosis she was diagnosed with 14 years ago.

"That's because I used the steps outlined in the book. I figured out how to take those steps and learned how to navigate the health care waters, and I gained my health back," Davis said. "It's the book I wished I could have bought 14 years ago."

Offering a system for coping successfully with MS (or any other life-threatening disease) is what the book is all about, and part of that system is having friends to lean on. Davis, the daughter of billionaire oil baron Marvin Davis, certainly has tons of famous ones.

There was Ed McMahon at the bar; Bill Maher deep in conversation with Nancy's mother, Barbara; Anne Heche hanging on to husband Coley Laffoon; and power couple Steve and Jamie Tisch. Fellow author Jackie Collins made the scene, as did Lisa Rinna, Natalie Cole, Tom Poston and wife Suzanne Pleshette, and schlumpy Jon Lovitz.

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Davis' three grown sons, Brendan, Jason and Alexander, turned up to cheer on their mom, too, as did Tom Arnold, Brenda Richie (Nicole's mom) and Candy Spelling (Tori's mom).

Davis' book is written for anyone diagnosed with a major illness, but what about that person's friends and family, who are also affected? For them, there's Jana Carrington's new book, "A Touch of Hope: A Caregiver's Survival Guide," written to help those who are faced with caring for a seriously ill loved one (available at [www.caregiversurvivalsite.com](http://www.caregiversurvivalsite.com)).

Seems a perfect companion to Nancy Davis' tome, two books that together mean empowerment even in the face of scary illness.

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