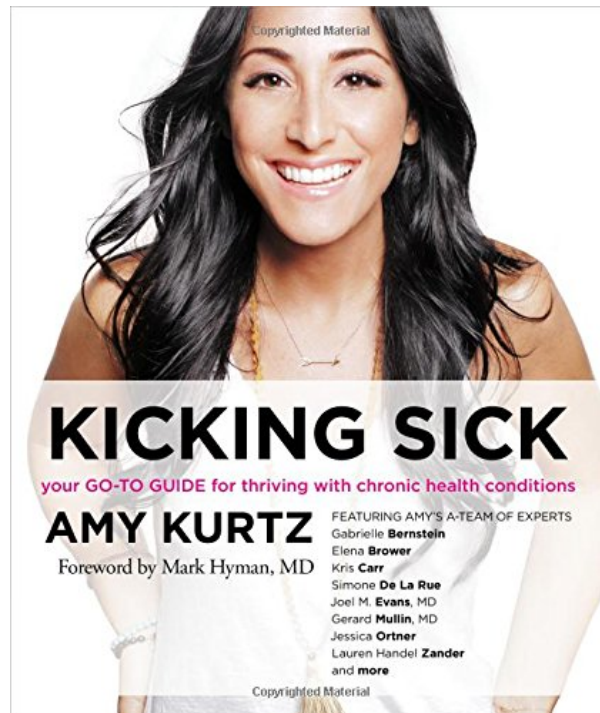


Download Kicking Sick: Your Go-To Guide for Thriving with Chronic Health Conditions Online Book PDF by Amy Kurtz



Synopsis:

Has a chronic health issue taken over your life? More than half of us in the US are struggling with at least one.

Amy Kurtz gets it. Starting in her mid-teens, she endured two perfect storms of illness that progressed into her twenties. It earned her the label “the sick chick”—and the shame, fear, isolation, and frustration that comes with it.

She’s radically improved her health, and today she’s helping men and women of all ages live well regardless of their health situation.

With honesty, humor, and empathy, *Kicking Sick* shows you how to jettison despair, tune in to your body and inner wisdom, take charge, and build an effective support circle of medical experts, friends, and family.

Kicking Sick also brings you essential advice from Amy's own A-team of experts—the ones crucial to her own turnaround: her personal physician Mark Hyman, gastroenterologist Gerard Mullin, endocrinologist Philip Felig, *Crazy Sexy Cancer* author Kris Carr, new thought leader Gabby Bernstein, and renowned yogi Elena Brower, plus many real life “glow warriors.”

