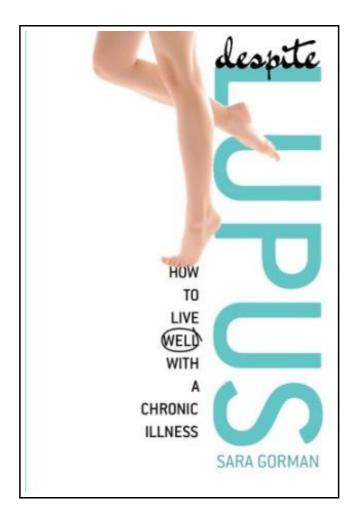
Despite Lupus: How to Live Well with a Chronic Illness



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Reviews

Extensive information for ebook fans. It generally is not going to expense a lot of. I discovered this publication from my dad and i suggested this ebook to discover. (Ivah West)

DESPITE LUPUS: HOW TO LIVE WELL WITH A CHRONIC ILLNESS



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Booksurge Publishing. Paperback. Book Condition: New. Paperback. 208 pages. Feel like youre losing the battle with lupus Look no further than Despite Lupus, the book that will help you obtain the emotional and physical wellness you deserve. There is no cure for lupus, but there is a way to live well, despite it. The choices involved in living well with a chronic illness arent easy, but no one is in a better position to make the right ones than you. In Despite Lupus, youll learn how your lifestyle choices have contributed to your illness, why you make the choices you do, and most importantly, how you can make better ones moving forward. A fulfilling life awaits you; this is the path that will get you there. In Despite Lupus, youll discover: Tips on tackling the mental and physical limitations brought on by the diseaseInsight into dealing with doctors, co-workers, friends and family membersTricks for managing test results, prescriptions, and myriad symptomsExercises to help you eliminate stress, re-evaluate priorities, and refocus productivityReviews: An interesting and useful guide that instructs lupus patients in the art of coping and helping themselves with a serious disorder. Daniel J. Wallace, MDRheumatologistAuthor, The Lupus Book: A Guide for Patients and Their FamiliesLupus is a life-altering disease. What Sara Gorman learned is that she could let lupus alter her life or she could take charge and alter her own life to achieve better control of her lupus. During the struggle that she shares with her readers, she acquired the wisdom to accept that she would live the rest of her life with lupus. She also developed the courage to rebuild her life with lupus by taking charge of what she could control, and she shares that story. Those elements of wisdom, acceptance and taking control underlie many...



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