



## If You Have to Wear an Ugly Dress, Learn to Accessorize: Guidance, Inspiration, and Hope for Women with Lupus, Scleroderma, and Other Autoimmune Illnesses

By Linda McNamara, Karen Kemper

Wheatmark, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Lupus and scleroderma are our shadows but they do not define us. We may have to wear the ugly dresses of chronic illness but we don't have to be the ugly dresses. -- Linda and Karen If you are experiencing a long-term illness or disability, this book is for you -- as well as your family and friends. The authors share a collection of deeply personal stories and poetry to describe their journey from illness to health, well-being, and fruitful living. Their creative life management strategies provide a road map to help you: overcome overwhelming feelings of loss, grief, anger, fear, and powerlessness; navigate a healthcare system filled with individuals who can be patronizing or dismissive; field well-intentioned but hurtful remarks such as, But you look so good! walk the tightrope between seeking and accepting help and fiercely guarding your independence. Chronic illness forces you to slow down and reexamine your values, your choices, and the way you define yourself. In If You Have to Wear an Ugly Dress, Learn to Accessorize, Linda McNamara and Karen...



**READ ONLINE**  
[ 7.4 MB ]

### Reviews

*I just began looking over this pdf. It is one of the most amazing pdf i have study. I discovered this book from my dad and i recommended this pdf to understand.*

-- **Merritt Kilback II**

*Good e book and useful one. I have got read and that i am confident that i will likely to go through once more again later on. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Angela Blick**

## See Also



---

### [Shadows Bright as Glass: The Remarkable Story of One Man's Journey from Brain Trauma to Artistic Triumph](#)

Free Press. Hardcover. Book Condition: New. 1439143102 SHIPS WITHIN 24 HOURS!! (SAME BUSINESS DAY) GREAT BOOK!!.



---

### [Hitler's Exiles: Personal Stories of the Flight from Nazi Germany to America](#)

New Press. Hardcover. Book Condition: New. 1565843940 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! \*...



---

### [Genuine\] Whiterun youth selection set: You do not know who I am Raoxue\(Chinese Edition\)](#)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2012-08-01 Pages: 254 Publisher: rolls of publishing companies basic information title: Snow Man youthful selection set: I do...



---

### [Everything The Everything Baby Names Book Pick the Perfect Name for Your Baby by June Rifkin 2006 Paperback](#)

Book Condition: Brand New. Book Condition: Brand New.



---

### [Weebies Family Halloween Night English Language: English Language British Full Colour](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



---

### [Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade](#)

Book Condition: Brand New. Book Condition: Brand New.