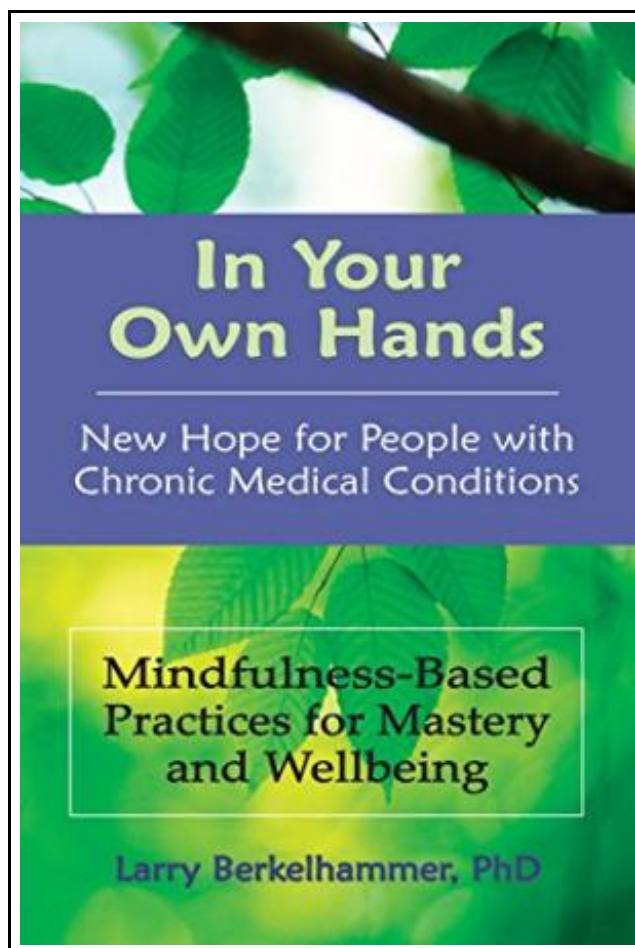


## In Your Own Hands New Hope for People with Chronic Medical Conditions Mindfulness-Based Practices for Mastery and Wellbeing



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The Empowered Patient Coalition. Paperback. Book Condition: New. Paperback. 458 pages. Dimensions: 8.9in. x 6.1in. x 1.0in.If you are among the millions of Americans living with a serious chronic illness, you know how challenging it can be. While you may do your best to manage your condition, you still must live with it every day, and it can be all too easy to succumb to feelings of helplessness and hopelessness-especially if medical science has not yet found a safe and effective treatment for your illness, and a cure is nowhere in sight. But you dont have to live this way. Using the road map Dr. Berkelhammer offers in In Your Own Hands, you can chart your way to wellbeing despite your condition. By engaging in the mindfulness-based practices presented here-all based on sound science-you will learn to take charge of your health, banish unnecessary suffering, and become the master of your own life. The methods you need are now within your reach. And the power to live with greater wellbeing, starting today, is in your own hands. In Your Own Hands accomplishes what few other books on the topic of chronic illness do: it proposes a fundamentally optimistic approach toward change that re-establishes a life of meaning -Matthew D. Skinta, PhD, ABPP In Your Own Hands is a valuable guide for anyone living with chronic illness who wishes to take their life into their own hands despite physical limitations. - Amy Jenks, PsyD, assistant clinical professor, Department of Psychiatry, University of California-San Francisco In Your Own Hands is based upon science, and its concepts and practices have also been tested in depth through the authors own coping with chronic disease. The result is a must read book for anyone experiencing chronic disease. -Erik Peper, PhD, Professor, San Francisco State University, coauthor...



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