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Invisible Illness: Coping with Misunderstood Conditions

By Megan A. Arroll, Christine P. Dancy

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Invisible Illness: Coping with Misunderstood Conditions, Megan A. Arroll, Christine P. Dancy, Few books on invisible illness are written by psychologists. Based on work by the Chronic Illness Research Team (CIRT) at the University of East London, this expert, accessible book encourages people actively to manage their illness using the techniques shown. Chronic invisible illness affects hundreds of thousands of people, many of whom feel misunderstood and even stigmatised. This book aims to give visibility to misunderstood illnesses, to legitimize them, and to enable people to understand and manage an unpleasant and demoralising illness. Topics include: Body-brain-mind interactions in illness Psychosocial factors Misunderstood conditions, such as ME/CFS, IBS, fibromyalgia, migraine, Mal de Debarquement Syndrome (MdDS) Effects on work, social life, relationships, etc. Depression, anxiety and sleep disturbance Types of fatigue - physical, emotional, mental Treatments - medical, psychological and alternative). Lifestyle measures that may help, eg diet, pacing, graded exercise How to boost confidence Explaining your condition to others Asserting yourself with health professionals.



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