



## Coping Successfully with Chronic Illness

By Neville Shone

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Coping Successfully with Chronic Illness, Neville Shone, Chronic illness takes many forms - such as migraine, epilepsy, diabetes, persisting fatigue, arthritis, cancer, and pain - and involves huge stress and uncertainty, especially when you come to the end of what the doctor can offer. This book aims to empower those with chronic illness, and to explore the health possibilities open to them. Subjects include: The limits of medicine What is healing? Obstacles to healing Taking responsibility for self-management Planning and pacing in everyday tasks How to avoid depression and regain self-esteem Nutrition and natural remedies Who can help?.



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