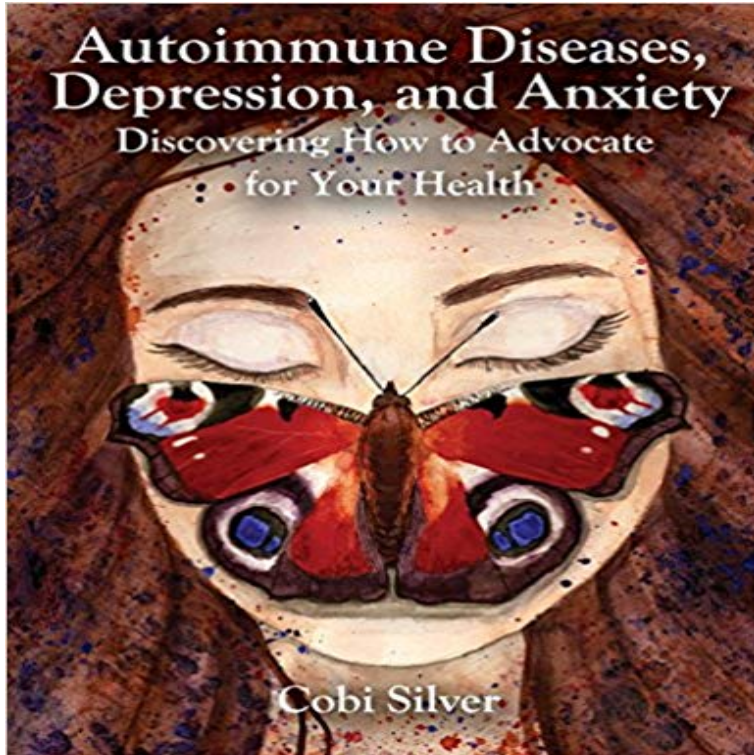


# Autoimmune Diseases, Depression, and Anxiety: Discovering How To Advocate For Your Health



Have you been diagnosed with an autoimmune disease? The emotional roller coaster ride that comes with the diagnosis can be nothing less than overwhelming. In fact, the condition often carries depression and anxiety as part of its symptoms. What's more, managing these co-occurring diagnoses is a vital part of best controlling the disease. In an effort to provide patients with the tools they need to successfully advocate for their health care, Cobi Silver, MSW, has written an invaluable self-guided workbook, *Autoimmune Diseases, Depression, and Anxiety: Discovering How To Advocate For Your Health*. A mental health care professional and autoimmune disease patient, the author draws from both her work and life experience to offer this unique resource for those struggling with the emotional fallout of an autoimmune disease. In five actionable steps, this insightful, empowering guide can help you find your voice, and gain mastery of your health care journey.

[\[PDF\] Lord, Hold Me Up: Working Through the Affects of Betrayal-Lust-Pornography](#)

[\[PDF\] Gods Wisdom, Mans Logic: Free Will Is A Myth: New Addition \(Scriptural Illumination revealing Gods plans and purpose for our lives\)](#)

[\[PDF\] Mature Friendships, Love, and Romance: A Practical Guide to Intimacy for Older Adults](#)

[\[PDF\] Evolving Self Confidence: How to Become Free from Anxiety Disorders and Depression by Dixon, Terry \(January 31, 2008\) Paperback](#)

[\[PDF\] Big Chest Book](#)

[\[PDF\] The Best Game Ever: Colts vs. Giants, 1958, and the Birth of the Modern NFL](#)

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