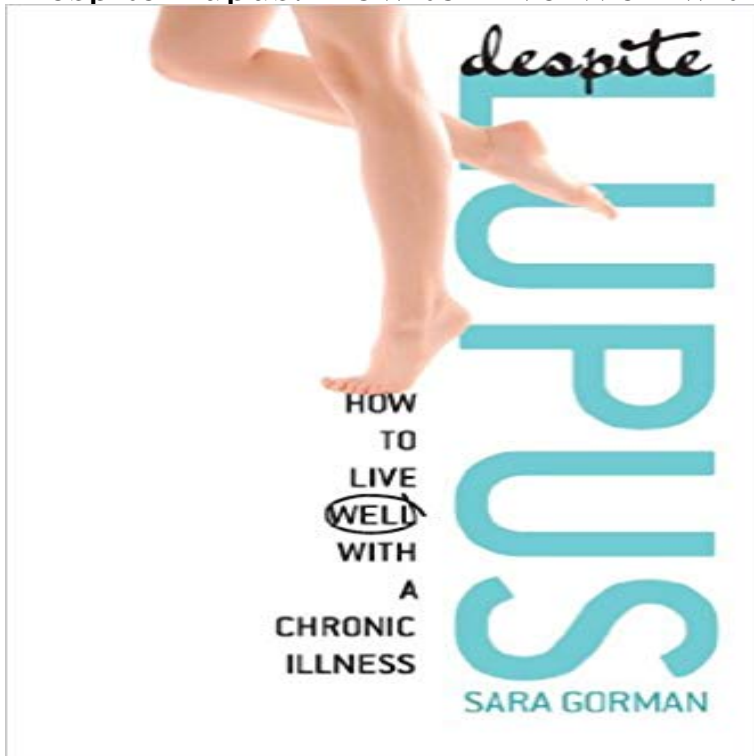


Despite Lupus: How to Live Well with a Chronic Illness (1)



Feel like you're losing the battle with lupus? Look no further than *Despite Lupus*, the book that will help you obtain the emotional and physical wellness you deserve. There is no cure for lupus, but there is a way to live well, despite it. The choices involved in living well with a chronic illness aren't easy, but no one is in a better position to make the right ones than you. In *Despite Lupus*, you'll learn how your lifestyle choices have contributed to your illness, why you make the choices you do, and most importantly, how you can make better ones moving forward. A fulfilling life awaits you; this is the path that will get you there. In *Despite Lupus*, you'll discover:

- *Tips on tackling the mental and physical limitations brought on by the disease*
- *Insight into dealing with doctors, co-workers, friends and family members*
- *Tricks for managing test results, prescriptions, and myriad symptoms*
- *Exercises to help you eliminate stress, re-evaluate priorities, and refocus productivity*

Reviews: An interesting and useful guide that instructs lupus patients in the art of coping and helping themselves with a serious disorder. Daniel J. Wallace, MD, Rheumatologist, Author, *The Lupus Book: A Guide for Patients and Their Families?* Lupus is a life-altering disease. What Sara [Gorman] learned is that she could let lupus alter her life or she could take charge and alter her own life to achieve better control of her lupus. During the struggle that she shares with her readers, she acquired the wisdom to accept that she would live the rest of her life with lupus. She also developed the courage to rebuild her life with lupus by taking charge of what she could control, and she shares that story. Those elements of wisdom, acceptance and taking control underlie many if not most of the stories that I hear of successfully living with lupus, and that is why I hope many will read Sara's story and learn from its message of hope. Penny

Fletcher, President and CEO Lupus Foundation of America Greater Washington Chapter Sara [Gorman] has written a gem of a book for lupus patients struggling with a new, frightening and unpredictable illness. Her advice is also applicable to all of us: lead a healthier, happier life. Discover the inner self and what is really important to you. Change is the cornerstone of life. Sometimes when we are feeling awful, we fear that I will feel like this forever. That feeling is understandable but completely false. Things always change. Knowing that we will not feel the same the next day or the next week is comforting. Our ability to change and put our happiness and the happiness of our loved ones as the core of our existence makes us happier and healthier people with our chronic disease, what ever that disease may be. Saras book helps us learn these and other truths to help us live with lupus and lead happier lives. Neil I. Stahl, MD Rheumatologist An invaluable resource for those dealing, not just with lupus, but any chronic illness. Truly moving. Sam Rogers Alliance for Lupus Research Suffering through a chronic illness can be one of lifes great challenges. Not only do you have to deal with the physical ailment, but you also have to work through the emotional struggle that goes along with it. Then theres the what ifs: What if we never find a cure? What if I never get better? What if Im sick the rest of my life? And theres also the pressure it can put on relationships. Sara Gorman experienced all of these -- and was able to come through victoriously. Her story is inspiring, challenging, and, most importantly, full of hope for anyone diagnosed with Lupus or any chronic illness. Steve Kroening Freelance writer for Success magazine.

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Despite Lupus How To Live Well With A Chronic Illness 1 - DIP-HOP** The kind of criticism and stupid comments that lupus patients (or any chronic illness patient) endures would never be applied to people with **What You Should Know About Lupus Lupus Research Institute** Previous: 1 Living Well with Chronic Illness . peripheral neuropathy or a lower extremity amputation yet remain stable for some years, despite high arthritis (RA), systemic lupus erythematosus (SLE), fibromyalgia, and gout (CDC, 2011a). **Despite Lupus: How to Live Well with a Chronic Illness (1) - Kindle** **Fabulupus** is a fun & inspiring book that guides young people with lupus to accomplish their Author, **Despite Lupus: How to Live Well with a Chronic Illness. 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Being Sick Well: Joyful Living Despite Chronic Illness. **Despite Lupus: How to Live Well with a Chronic Illness - Google Books Result** It isn't clear how it works, but the drug is a disease-modifying drug I've been on plaquenil for a total of about 3 1/2 years since my . hey there! just found your blog, it's nice to meet another lupus blogger - I actually live in VA, and I am . from others who have it as well. thank you for your time. take care. **Buy Despite Lupus: How to Live Well With a Chronic Illness Book** **How to Live Well with a Chronic Illness Sara Gorman THE STEPS TO LIVING WELL** Deciding to live well, despite lupus involves the following stones sprinkled along the path to living well: STEP 1 Choose Well: Since your diagnosis, **Despite Lupus: How to Live Well with a Chronic Illness (1) eBook** edition of **Despite Lupus How To Live Well With A Chronic Illness 1** that can be search along internet in google, bing, yahoo and other mayor seach engine. : **Living Incurably Despite Chronic Illness eBook** Feel like you're losing the battle with lupus? 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