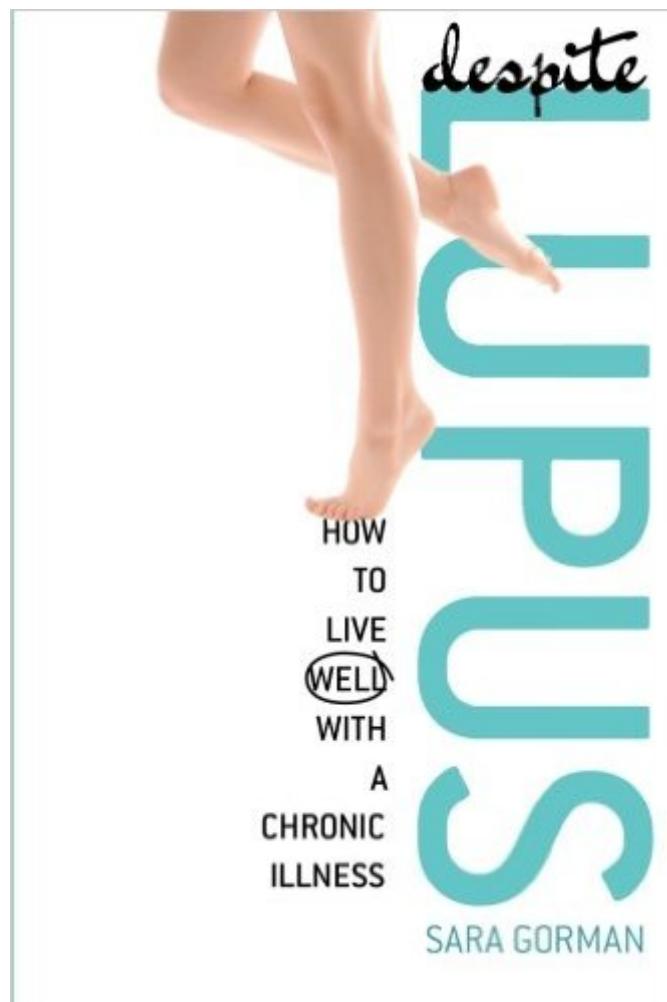


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# Despite Lupus: How To Live Well With A Chronic Illness



## **Synopsis**

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

## **Book Information**

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## **Customer Reviews**

I found out right from page one that I could have written this book! What I felt, what I was thinking; was written on these pages! For the first time; I was not alone and I was not crazy! And I felt "GREAT"! No, I was not cured! But for me; this is the part that the doctors don't explain to you and it's the part that you need to know the most! Thank you for putting your life into a book for others to read!

"Despite Lupus" delivers insight about living... period. I don't have a chronic illness, but I found the thoughts and ideas about being true to yourself, in your current life situation, applicable to anyone. We all have hurdles and difficulties and often our lives take unexpected turns. This book, although specifically about dealing with a chronic illness, is a lesson in how one can choose to handle any situation in life. My family member has a chronic illness. When I gave her the book and she read the first chapter, she felt that she was reading about herself. She wants all of our family members, especially her husband to read it because it's so difficult for her to explain what she goes through emotionally (and physically) on a daily basis. I just love this book. It's an easy read and you'll be drawn in from the first page.

If you want to learn about lupus, how to cope with lupus, how to actually LIVE with lupus then this is the book for you. It's done well, in laymen's language and not only can you read the book, you can go online to her blog and find all her updated information. She lives it and has lived it day to day and is willing to inform, educate, and share with those who have a diagnosis of lupus, or those who have a loved one suffering with lupus. I am a long time Systemic Lupus patient plus a leader of a support group for the past 20 years. I publish a newsletter plus have a website/forum on lupus and fibromyalgia who also believes in sharing information and support for those with these chronic illnesses. This book is one I have told many people about, both in a newsletter and online, it is definitely well worth the money and filled with up to date, accurate information. Make it a gift to your loved one who is trying to cope with lupus, this will definitely help. [...] Carolyn, Director

"Despite Lupus" tells an incredibly inspiring story about Sara Gorman's battle with lupus and how she is now able to live a fulfilling life, despite lupus. I learned so much, not just about lupus, but about the many ongoing struggles people with chronic diseases face. Her story is inspirational, informative and filled with tips about taking control of your life. This book is a must read for anyone who is suffering or knows someone suffering from a chronic disease.

If you've been diagnosed with lupus, you most likely have read all of the books about symptoms, medications, and all of the other medical issues associated with the disease, but this book is different. Sara Gorman shares her very personal experiences with lupus, from diagnosis, through the pain, uncertainty, physical changes, and stress of dealing with lupus, to her present state of health and wellness. Sara will give hope to the hopeless who have been newly diagnosed, or have been struggling for years. She shares her coping mechanisms as well as the major life changes that

she realized had to be made to live well with the disease, instead of fighting against it. The book is well-organized, and easy to read, covering everything from dealing with family members and co-workers to tracking your symptoms and taking charge of your health. Pick up this book and you will know that you are not alone in your battle!

This is one of the many titles in my Lupus library and was given to me by the author in her support of a wellness group I was organizing. This book has that uncanny knack of having you feel personally connected with what the author is speaking about; it can be hard to feel understood when you have a sometimes "invisible" chronic illness. There are tips to help you help others around you to get a better understanding of what you deal with day to day. One of the most useful pieces of information I took from reading this book is to make a form for myself to keep track of symptoms, medications, and how I'm feeling. I always \*think\* I'm going to remember these things and of course \*lupus fog\* takes over and either I forget the event or I forget to mention it to my doctor. The book offers templates/samples to help guide you in creating a form(at) that works for you. The book has many other helpful tips like this to offer. Pleased with this title and recommended.

Very personal messages and practical help in this wonderful book. My daughter suffers from chronic auto immune diseases and as her mom I have gained so much insight into the life of one who suffers from this disease. It has helped me encourage her towards helpful, life giving thoughts, and activities, for a much improved quality of life!

I did not like this book. I have lupus and could not relate to anything she wrote about. According to the book she had all this support which does not help people who do not have support. Any way I stopped reading it.

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