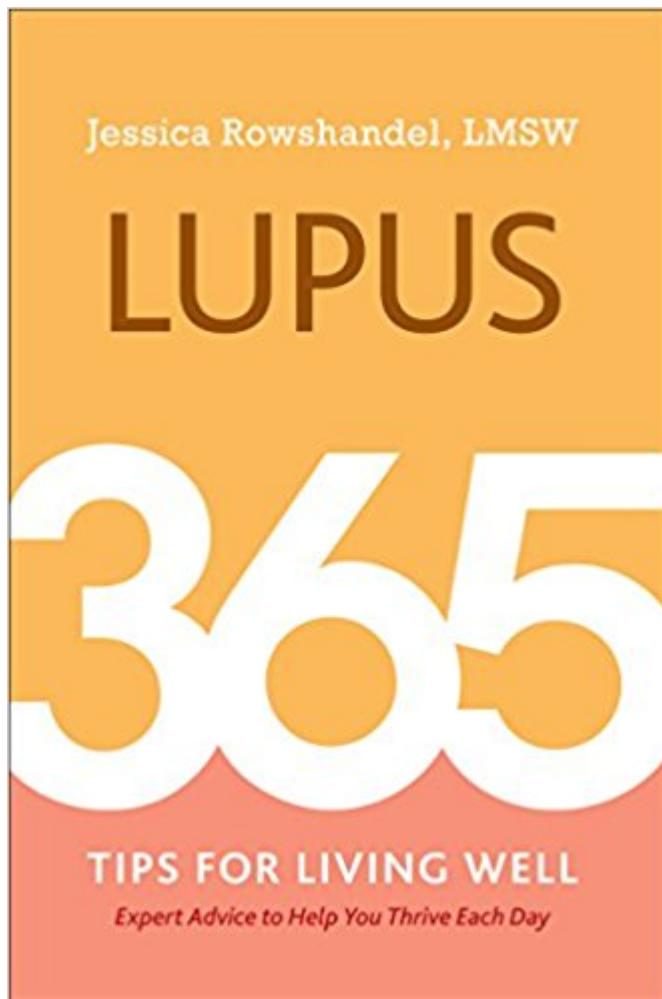


The book was found

Lupus: 365 Tips For Living Well



Synopsis

Filled with practical tips and support, *Lupus: 365 Tips for Living Well* offers reliable, easy to implement ways to face challenges and live your life to the fullest with lupus. Written by the former Director of Social Services of the S.L.E. Lupus Foundation, this empowering guide is packed with information to help you: Get the medical care you need Learn about alternative and complementary therapies Manage lupus fog Reduce stress, fatigue, and flares Maintain healthy relationships with partners, friends, family, and children Deal with work-related issues, employers and co-workers And much more.

Book Information

Paperback: 160 pages

Publisher: Demos Health; 1 edition (November 11, 2015)

Language: English

ISBN-10: 1936303876

ISBN-13: 978-1936303878

Product Dimensions: 6 x 0.3 x 8.9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 3 customer reviews

Best Sellers Rank: #916,214 in Books (See Top 100 in Books) #23 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus #58 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #436 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

Customer Reviews

"Long-overdue, *Lupus: 365 Tips for Living Well* is a comprehensive, yet easy to understand essential guide for individuals with lupus, their loved ones and anyone going through a possible diagnosis. By educating and empowering people to become actively engaged in their treatment and encouraging participation in the lupus community through advocacy and research, Jessica Rowshandel delivers a valuable resource at a time when the patient voice is more relevant than ever."--KATHLEEN A. ARNTSEN, President & CEO of Lupus and Allied Diseases Association, lupus patient and national autoimmune advocate

Jessica Rowshandel, LMSW is a social worker and the author of the book *Lupus: 365 Tips for Living Well*. She is also the former Director of Social Services for the S.L.E. Lupus Foundation and

was the author of the Foundation's monthly column about coping with lupus. She has an M.S. in social work from Columbia University.

Lupus/SLE can be an overwhelming road to navigate. Not only for the person who has it but for our caretakers. Having been diagnosed with SLE in 2013, it's changed my life in the way I organize it, perhaps not only daily, but hourly and sometimes minute-to-minute. I have spent the last few years reading many books on this subject to gain new insights into my illness and to educate myself. From the first chapter forward I found this book to be refreshingly honest and enlightening. It not only reinforces the basics about lupus but encourages you to ask questions in addition to giving you answers. The book is written in an engaging manner and was a pleasure to read. The chapter with the tips on insight into what is known as "Lupus Fog" is worth the price alone! As a man who has lupus (not the common population among those that suffer from SLE), I sometimes feel a bit isolated and disconnected when reading books on the subject. I did not feel that in the slightest, as I felt this book resonated with me as a person not my gender. Ms. Rowshandel cleverly and concisely structures practically everything and anything you may have wanted to ask about SLE (and some things you didn't even know you wanted to ask!) to maintain your stress levels, prevent flares and help maintain your health while coping with the disease. Before I was diagnosed with this disease I really had trouble asking for help/assistance (and still do), but the author reinforces the importance of communication, whether it's a doctor or a family member or anyone you might interact with, as a key element for maintaining your health while coping with the illness. And it's important to be reminded of that. The reference index is an extremely helpful and valuable resource (again, worth the price of the book alone). The author's tips on communicating and maintaining healthy connections in your day-to-day life reminds me that I am not just lupus. It's those thoughtfully crafted details and the supportive nature of this book that makes it a must read for me and my friends/family.

Very helpful

This was not what I expected. I guess I didn't really pay attention to the description of the book. It is just full of short tips to help you manage symptoms. I didn't learn anything new from this and am sorry I even bought it.

[Download to continue reading...](#)

Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus

Recovery Diet) Lupus: 365 Tips for Living Well Coping with Lupus: A Guide to Living With Lupus for You and Your Family The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) IBS: 365 Tips for Living Well Diabetes: 365 Tips for Living Well Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Crafting: 365 Days of Crafting: 365 Crafting Patterns for 365 Days (Crafting Books, Crafts, DIY Crafts, Hobbies and Crafts, How to Craft Projects, Handmade, Holiday Christmas Crafting Ideas) Crochet: 365 Days of Crochet: 365 Crochet Patterns for 365 Days (Crochet, Crochet Patterns, DIY Crochet, Crochet Books, Crochet for Beginners, Crochet Afghans, Crochet Christmas, Holiday Crochet) Knitting: 365 Days of Knitting: 365 Knitting Patterns for 365 Days (Knitting, Knitting Patterns, DIY Knitting, Knitting Books, Knitting for Beginners, Knitting Stitches, Knitting Magazines, Crochet) Living Well with Back Pain: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) by Morris, Kerry-Ann 1st (first) Edition [Paperback(2006/4/4)] Living Well with Parkinson's Disease: What Your Doctor Doesn't Tell You....That You Need to Know (Living Well (Collins)) Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Living Well with Migraine Disease and Headaches: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Get Over It! 7 Steps to Living Well with Lupus The Lupus Diet Plan: Meal Plans & Recipes to Soothe Inflammation, Treat Flares, and Send Lupus into Remission Coping With Lupus: A Practical Guide to Alleviating the Challenges of Systemic Lupus Erythematosus A Decade of Lupus: Selections from Lupus News

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)