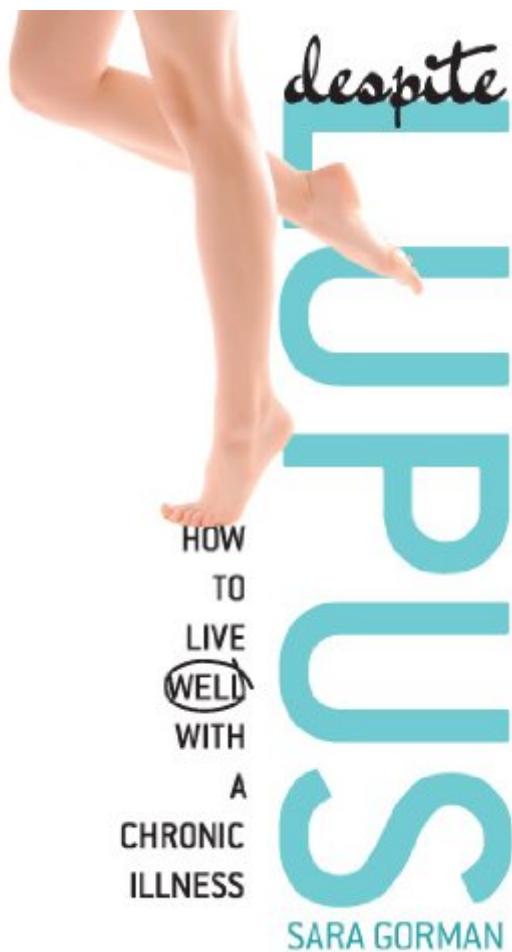


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# Despite Lupus: How To Live Well With A Chronic Illness (1)



## 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

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, MDRheumatologistAuthor, "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, whatever that disease may be. Sara's 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 life's 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 there's the "what if's": "What if we never find a cure?" "What if I never get better?" "What if I'm sick the rest of my life?" And there's 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 KroeningFreelance writer for Success magazine.

## **Book Information**

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## **Customer Reviews**

Had the privilege of hearing Ms.Gorman speak this year at the Lupus Summit at John's Hopkins. Came home and downloaded her book. Some great information, practical and inspirational. I plan on reading it a second time and staring to apply some of the techniques she recommended.

Sara Gorman has taken her experiences and personal victories with a devastating, chronic disease and turned them into a well thought-out and well-written account that can help others going down the same path. This book is a small monetary investment for a wealth of insight on how to change your perspective when life hands you an unexpected blow. Particularly for the Lupus patient, this book offers valuable advice, wisdom, and encouragment on how to cope with a disease that few on the outside can understand. If you are a Lupus patient, read this book! If you love a Lupus patient, read this book! If you just want to understand the life of a Lupus patient, you too, read this book!

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 you life into a book for others to read!

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!

Since being diagnosed 6 months ago with Lupus. I have read several books, but none of them could tell me how I was going to live with this disease until I read Despite Lupus. Sarah Gorman explains what living with Lupus is like when the disease is not managed, such as walking around like you have chains on your arms and legs. She also offers great tips on how to live Desipte Lupus. Sarah gave me the courage to try things in addition to my meds, which I am still taking, to try and live better. She is a wonderful writer and I am so happy to have found this book!If you have Lupus or any other chronic illness, buy this book now!

Helpful, but mostly just about the author

Sara and I are both type A personalities. I felt like this book was written for me! It seemed as though I was reading about my own life! Thanks for helping me realize that I am not alone in this. Best Lupus book I have read by far!

An accurate portrayal of living with and despite lupus. Helpful coping strategies. Highly recommend for LUPUS patients and their friends and families.

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