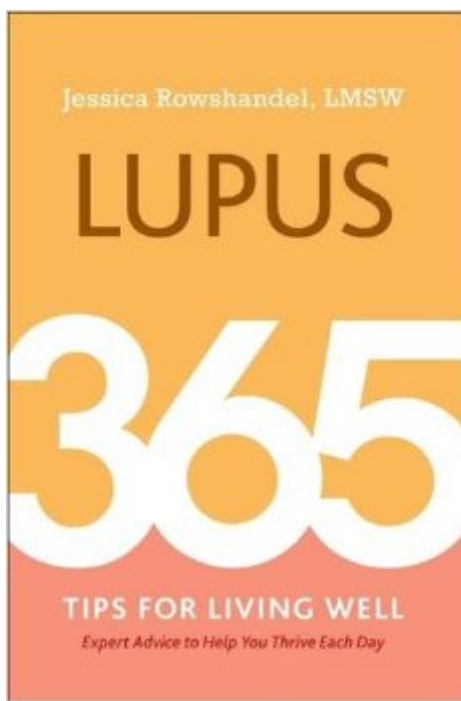


The book was found

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: 3.5 out of 5 stars Â Â See all reviews Â (2 customer reviews)

Best Sellers Rank: #1,066,691 in Books (See Top 100 in Books) #27 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus #63 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #419 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

Customer Reviews

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.

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: 365 Tips for Living Well Magic Cards: Magic the Gathering - 33 Killer Tips from a Magic Master! (Magic Cards, Magic the Gathering, Magic Decks, Magic the Gathering Tips, Magic Card Tips, How to Play Magic, Magic) The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well Simply Ancient Grains: Fresh and Flavorful Whole Grain Recipes for Living Well 31 Days of Living Well and Spending Zero: Freeze Your Spending. Change Your Life. Closer to God Each Day: 365 Devotions for Everyday Living RV Living Full Time: 100+ Amazing Tips, Secrets, Hacks & Resources to Motorhome Living Money Management Tips: Control Money Don't Let It Control You (Budgeting your money, How to save money tips, Get out of debt fast, Live cheap, Debt free, Spend less) Small Business Tax Deductions Revealed: 29 Tax-Saving Tips You Wish You Knew (For Self-Employed People Only) (Small Business Tax Tips Book 1) Expert Tricks and Tips that will make you a Minecraft expert: Tricks you are not aware of (minecraft, minecraft tips, minecraft tricks, minecraft monsters) Neo Rauch: At the Well Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being Learn Python in One Day and Learn It Well: Python for Beginners with Hands-on Project. The only book you need to start coding in Python immediately Learn CSS in One Day and Learn It Well (Includes HTML5): CSS for Beginners with Hands-on Project. The only book you need to start coding in CSS ... Coding Fast with Hands-On

Project) (Volume 2) Learn C# in One Day and Learn It Well: C# for Beginners with Hands-on Project
(Learn Coding Fast with Hands-On Project) (Volume 3) Waste-Free Kitchen Handbook: A Guide to
Eating Well and Saving Money By Wasting Less Food Mr. Wilkinson's Well-Dressed Salads
Campfire Cookbook: The Complete Guide to Eating Well in the Wild Goddesses Never Age: The
Secret Prescription for Radiance, Vitality, and Well-Being Critical Thinking: An Introduction to
Reasoning Well

[Dmca](#)