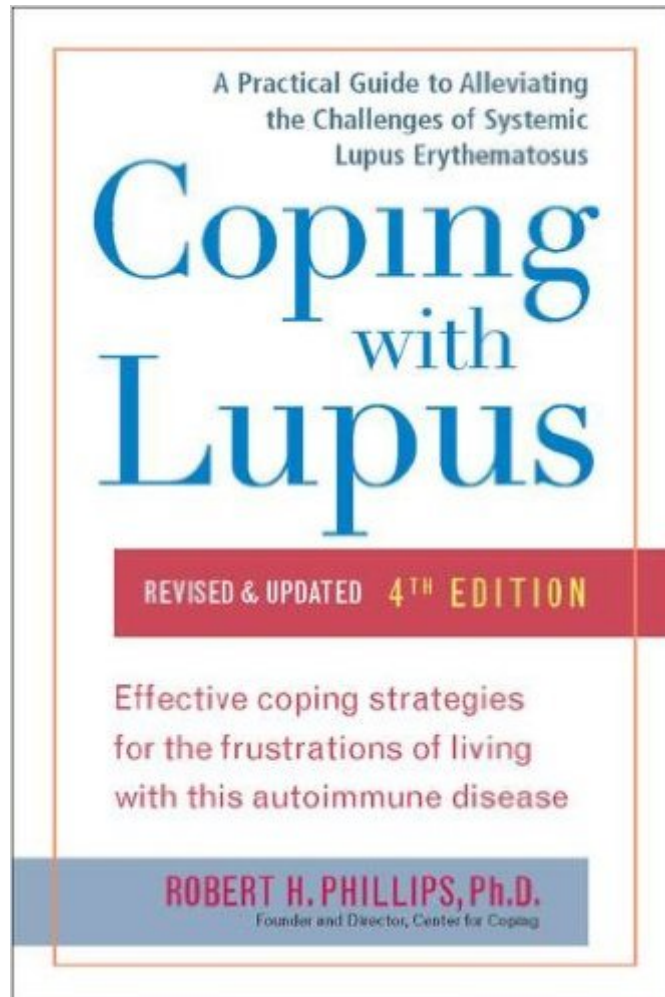


The book was found

Coping With Lupus: Revised & Updated, Fourth Edition



Synopsis

A completely updated and revised edition that provides comfort, information, strategies, and advice for those living with lupus. There is no cure for lupus, so a diagnosis of this potentially debilitating autoimmune disorder is understandably disquieting. This new edition of *Coping with Lupus* answers all the important questions one might have and offers practical coping strategies to help those with lupus live their lives to the fullest. Dr. Robert Phillips, the founder and director of the Center for Coping, lends his expertise in dealing with the psychological aspects of chronic health problems to address a range of issues, including: The medical facts-what lupus is, and how it is diagnosed and treated Medications, nonmedical pain-control methods, exercise, and diet Lifestyle changes to maintain optimal physical and emotional health Coping strategies for virtually every facet of living with lupus

Book Information

Series: Coping with

Paperback: 512 pages

Publisher: Avery; 4 Rev Upd edition (April 3, 2012)

Language: English

ISBN-10: 1583334459

ISBN-13: 978-1583334454

Product Dimensions: 6 x 1.3 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (19 customer reviews)

Best Sellers Rank: #397,197 in Books (See Top 100 in Books) #13 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus #26 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #205 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

Customer Reviews

Some people with lupus look for a great reference book that they can refer back to when they have questions. Some people look for a book that they could look to for advice. Others look for a book that can help them cope with the magnitude of being diagnosed with a chronic illness. This book does all. I do have the books written by Dr. Daniel Wallace but this book takes things a step farther and actually gives you skills to cope. It lets you know that you are not alone and are quite normal for some of the feelings that you may feel. This book stays at the top of my Kindle because I find myself

referring to it often for questions or concerns. Highly recommended.

I have't finished this one yet, however, I can tell you it is a no BS book. Gives a lot of good information without the fluff. Excellent for the individual who has just been diagnosed to the individual who already has some background information.

It was an ok book. I also found The Lupus Book to be very helpful. These books along with online support groups help a great deal. When u have been diagnosed with Lupus your family tends to not understand therefore does not give support.

This book was extremely helpful for me, especially since I have been recently diagnosed with SLE. I found great resources for my family and friends as well.

After receiving a diagnosis of Lupus, you panic. This book helps you answer most of you questions and makes you realize you are not alone in dealing with this fickle disease.

Great introductory book on Lupus. Exceeded my expectation. Would recommend this book to all Lupus Patients, their family & friends. It's a Lupus 101 type book. It's important to have a reference book available to help understand your journey with Lupus. It's world is so, unpredictable.

Terrific Book, lots of advice regarding how to cope and handle Lupus disease. Thanks so much for a great product.

Bought it for an neighbor who has Lupus. This book has been a help to her to understand it better. Received this book in excellent condition and fast delivery. Thanks.

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

Coping with Lupus: Revised & Updated, Fourth Edition The Lupus Guide: An education on and coping with Lupus What Your Fourth Grader Needs to Know (Revised and Updated): Fundamentals of a Good Fourth-Grade Education (The Core Knowledge Series K-6) MAGIC WAND FOR SALE, a story about lupus: A book that helps you to explain your Children to understand LUPUS The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) LUPUS: Systemic Lupus Erythematosus: Symptoms. Types. Causes. Diet. Diagnosis. Treatments. Research. The Lupus Answer - Holistic Lupus Diet & Treatment Connective Tissue Diseases:

Holistic Therapy Options--Sjogrens Syndrome; Systemic Sclerosis - Scleroderma; Systemic Lupus Erythematosus; Discoid Lupus Erythematosus; Secondary and Primary Raynauds phenomenon; Raynauds Disease; Polymyositis Dermatomyositis By Robert M. Sapolsky - Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping - Now Revised and Updated (Third Edition) (8/16/04) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) How to Help an Alcoholic: Coping with Alcoholism and Substance Abuse (Help an Alcoholic Spouse, Alcoholic Family Member, Friend or Addict) (Coping with ... Husband, Dependence, Domestic Abuse) Coping With An Addict: How to deal with drug addicts, substance abusers using pot, prescription pills, cocaine or methamphetamines (Coping With Alcoholism and Substance Abuse Book 5) July Fourth Cheer: A Rhyming Picture Book for Children about the Fourth of July, July 4th Cheer and Family Fun on the Fourth of July The Complete Joy of Homebrewing Fourth Edition: Fully Revised and Updated Why Zebras Don't Get Ulcers: An Updated Guide to Stress, Stress Related Diseases, and Coping (2nd Edition) Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder What Your Fourth Grader Needs to Know: Fundamentals of a Good Fourth-Grade Education (Core Knowledge Series) Systemic Lupus Erythematosus, Fifth Edition Living With Lupus: The Complete Guide, 2nd Edition Befriending the Wolf: The Guide to Living and Thriving with Lupus

[Dmca](#)