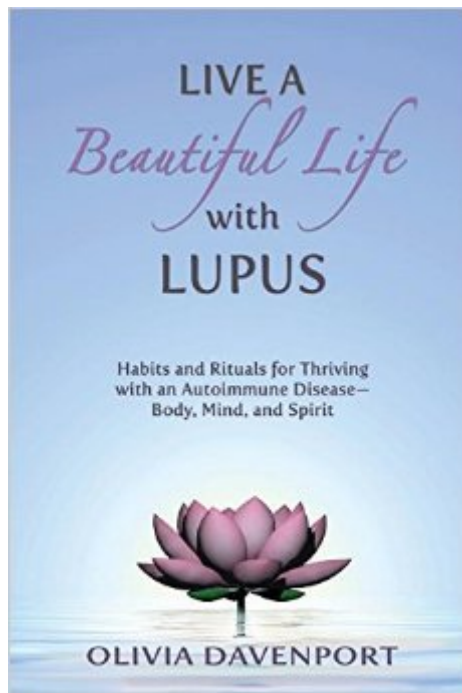


The book was found

Live A Beautiful Life With Lupus: Habits And Rituals For Thriving With An Autoimmune Disease--Body, Mind, And Spirit



Synopsis

Can you live a beautiful life while living with Lupus? Incurable and unpredictable, Systemic Lupus Erythematosus, or Lupus, is an autoimmune disease known for its difficulty to treat and its penchant for disrupting lives. A Lupus patient can be stable one day and suffering in the hospital from a full-blown flare of the disease the next. For the over 1.5 million Americans living with the disease, the toll it takes is enormous. Living a life filled with fear, uncertainty, and strong medications, finding peace in this all-too-often stormy life with Lupus can be daunting—even in the mildest of cases. But with the habits and rituals of the Live a Beautiful Life with Lupus framework, a path to a better quality of life is possible. Developed by Olivia Davenport, a Lupus patient herself, this book was borne out of years of debilitating episodes of illness and medical emergencies. In her desperation to find a way to truly live, she researched, queried, and conferred with her doctors and other practitioners to develop a systematic way to take care of herself holistically—body, mind, and spirit. Her approach is the reason she can say, “Yes, you can live a beautiful life with Lupus!”

Live a Beautiful Life with Lupus book will teach you ways to:

- Soothe your Lupus body—with the goal of minimizing Lupus flares and unexpected medical episodes.
- Strengthen your Lupus mind—in order to manage the neuropsychiatric, mental, and emotional effects of the disease.
- Nurture your Lupus spirit—to find meaning, hope, comfort, and inner peace by reconnecting with the energizing life force that transcends the body and mind.

Track your life with Lupus for yourself and your doctors holistically with the new Lupus Diary. Available as a fillable pdf or for printing and filling out on paper. Explore many resources available to Lupus patients, and more. Author, blogger, and former overachiever Olivia Davenport wants to spread the news that you can live a beautiful life with Lupus. After her Lupus diagnosis in 2012, she began a journey of research and self-discovery, to determine the habits and rituals to support her goal of not losing herself to the incurable disease. With her two blogs, LiveaBeautifulLifewithLupus.com and LupusDiary.com, Olivia finds joy in sharing what she’s learned with practical tools, actionable steps, and inspirational insights.

Book Information

Paperback: 122 pages

Publisher: Cabin Creek Publishing (October 18, 2015)

Language: English

ISBN-10: 0996749845

ISBN-13: 978-0996749848

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 6.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (2 customer reviews)

Best Sellers Rank: #726,225 in Books (See Top 100 in Books) #39 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #319 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems #56422 in Â Books > Self-Help

Customer Reviews

I highly recommend this book. A friend gave this book to me and I found myself wishing that I could have had it when I was diagnosed. So many emotions overwhelmed me, what is lupus? How badly will I be affected? What will my life be like now? Finally, and most frightening of all, how long will that life be? What I wanted was a short, informative volume that would let me â œhit the ground runningâ • as I learned to accept my diagnosis. What I found were books with hundreds of pages and lots of symptoms and terminology but not much of a human touch. This book provided a wealth of information in a small concise volume. For those of you who are just beginning your Lupus journey, there are myriads of books out there but few that educate, uplift and provide a plan of action like this one. Ms. Davenportâ s book concentrates on Systemic Lupus but much of her advice and coping strategies could be applied to anyone living with any autoimmune disease. Live a Beautiful Life with Lupus is divided into 3 sections: Part I, which defines the authorâ s concept of living a beautiful life, Part 2 how Lupus affects your body, and Part 3, living a beautiful life with Lupus. So much of coping with lifeâ s vagaries depends upon oneâ s attitude and Ms. Davenportâ s book is built around maintaining the best outlook possible regardless of what the disease throws at you. The last part of the book lists resources (both physical and spiritual, though the book is nondenominational) that will help the reader gather more information about how to live with your new reality. If you are the friend/loved one of someone who has Lupus this is also an excellent book for you to read.

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

Live a Beautiful Life with Lupus: Habits and Rituals for Thriving with an Autoimmune Disease--Body, Mind, and Spirit Autoimmune Paleo Cookbook: Mouthwatering Recipes to Reverse Autoimmune Disease and Heal your Body (Paleo Cookbook, Autoimmune Solution, Autoimmune Protocol, ... Weight Loss, Autoimmune Paleo Cookbook) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Habits: How to Develop Strong, Positive Habits Into Your Life for Long Lasting Change (Habits, Daily Routines, Exercise Habits,

Habit Stacking, Mindset) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease 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 Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Live Streaming Excellence: How to Launch a Thriving Business Streaming Live Events! Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.) Cleveland's Swimming Lessons for Baby Sharks: The Essential Guide to Thriving as a New Lawyer: The Essential Guide to Thriving as a New Lawyer (Career Guides) Befriending the Wolf: The Guide to Living and Thriving with Lupus BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) The Lupus Guide: An education on and coping with Lupus MAGIC WAND FOR SALE, a story about lupus: A book that helps you to explain your Children to understand LUPUS LUPUS: Systemic Lupus Erythematosus: Symptoms. Types. Causes. Diet. Diagnosis. Treatments. Research. The Lupus Answer - Holistic Lupus Diet & Treatment

[Dmca](#)