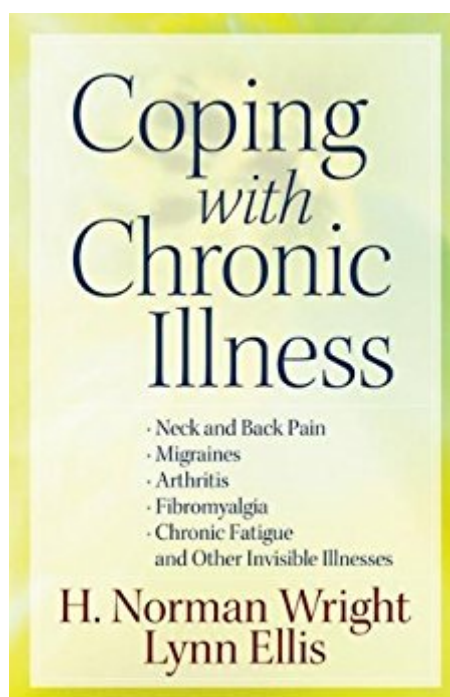


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# Coping With Chronic Illness



## Synopsis

Nearly 1 in 2 Americans suffer from some chronic condition—either an illness like fibromyalgia or conditions such as migraine headaches or chronic neck and back pain. With numbers like these, it's fair to say we have a health crisis on our hands. Respected therapist H. Norman Wright, along with Lynn Ellis, a researcher with firsthand experience with fibromyalgia, lupus, and chronic fatigue, shares practical, hopeful answers for those who suffer from what are often called "invisible illnesses." Readers will benefit from realizing they are not alone even if others don't understand what they are experiencing. They will also find helpful ideas for managing relationships with their doctors and their families insight into God's perspective and caring for those who suffer practical ways to manage the stress, fear, and depression that often comes with chronic illness. Coping with Chronic Illness is the perfect resource for those who struggle as well as for their families and friends, lay counselors, medical professionals, and pastors.

## Book Information

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## Customer Reviews

Living in chronic pain is so difficult. Most people are sympathetic but cannot really understand what

it is like to live this way. The authors are compassionate and make me feel as if somebody understands and cares. I would give this book to anybody I know that is struggling with a chronic illness. The support I feel when reading this book is better than any counselor I have ever talked too.

One of the best books I've read in the past year or so - and I read 3-4 books a week. The amount of understanding from the authors regarding chronic pain and the woes that come with suffering to one degree or another is greatly understood. I thought this book contained profound insights and found myself highlighting on my Kindle a LOT. They addressed the issue of faith and suggested other books, and as a chronically ill Christian, I found this book beyond the best I could imagine. I think even if you're not Christian, you will be glad you purchased it. Accepting and understanding what the patient goes through is universal, despite your beliefs. I wish all people coping with illness could read this book - and their caregivers as well. A+++++++

Coping with Chronic Illness challenges those who struggle with chronic illness to work at improving how they see their illness as well as how they address the obstacles that are bound to arise through the course of their illness; hourly, daily, weekly, etc. Additionally, Wright and Ellis express the importance of assisting those persons who are caregivers in the process of "coping" with the struggles of chronic illness. I was able to express to my husband and children how best to assist me when I was "having a bad Fibro day". The book also has helped my family to see chronic illness as it impacts the entire family unit. If you or a family member struggles with chronic illness, this book is an excellent resource and source of encouragement to help all parties move forward and LIVE life to its fullest!

This book is exactly how my husband feels with his illness that they are calling for lack of better diagnosis neuropathy. But it goes so much more beyond that. It is helping him feel there are others out there. Thank you to the authors!

I got this book after I'd been diagnosed with Chronic Fatigue Syndrome- I'd read others and was able to identify with the symptoms other people were experiencing. But this book took my understanding to a whole new level!! This book has been so comforting and reassuring for me- I kept finding myself nodding in agreement with many different passages within the book. The authors really understand what it's like to have a chronic illness and are better able to guide you to

understanding your illness. I love that the book also incorporates a Christian viewpoint, and reminds the reader that they aren't alone- God is right there with you through everything. Would definitely recommend this book to anyone with a chronic illness! Would even recommend it to people trying to understand their relative's or friend's chronic illness.

This is one of the best books that I have ever read on "Coping with Chronic Illness". The book addresses the physical, social, mental & spiritual aspects of dealing many times with illnesses invisible to others. I would especially recommend this book to any who are affected, or may have family members who are affected with auto immune challenges & other health maladies.

I have multiple chronic conditions, and have begun a library of essentials that either are psychologically supportive, helpful in management, or both. This book is in the "both" category. It is written with respect and understanding of chronic illness and chronic pain. One of the hardest things to deal with is the cycle of remission and flare ups that we face. It takes a huge toll on all aspects of life and planning for the simplest tasks or events. Another is the crisis not just of diagnosis, but of identity. Dealing with chronic pain is another. These are addressed with respect, as I said. There are strategies here, and, above all, not feeling so isolated. Until medical training and cultural attitudes in this country change, and chronic illness is as well studied, supported, and understood as acute illness, books like this will continue to be important lifelines for those who suffer and their loved ones and caregivers.

The strength of this book is that it can help free you to go ahead and accept your illness as part of your life, instead of trying to hide it, control it, contain it, etc. The authors encourage you to focus not on what I can no longer do because of my illness, but on what can I do. Best quotes (although you could underline half the book!): "You are not your diagnosis" (p. 39); "Acceptance is embracing [the illness] and incorporating it, which means living with it rather than for it" (p. 177). Recommended reading for those with chronic illness and for those who live with and help them.

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