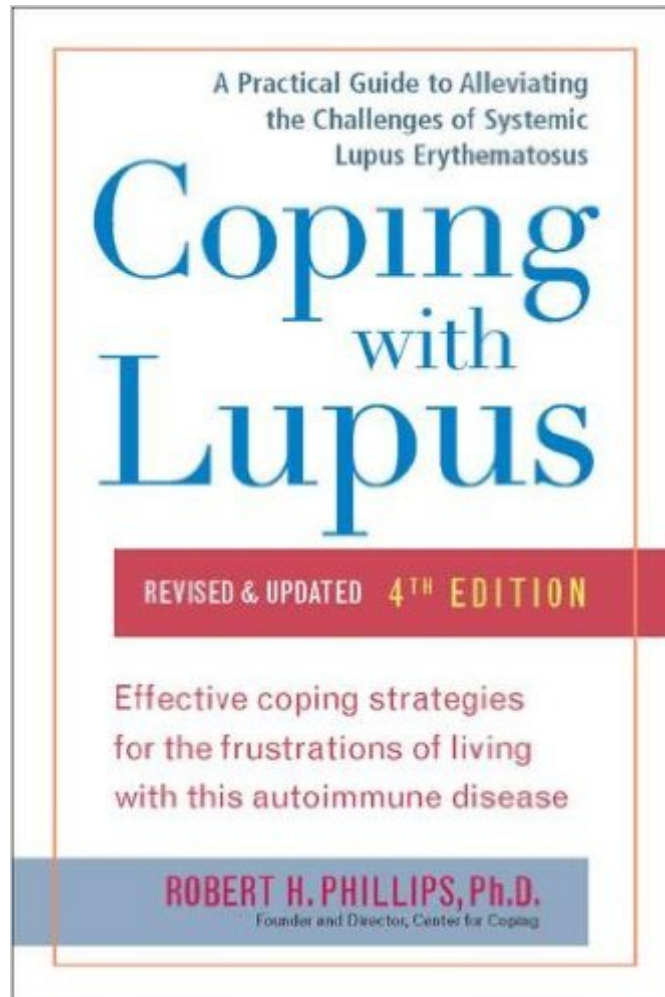


The book was found

# Coping With Lupus, 4th 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 reviewsÂ (19 customer reviews)

Best Sellers Rank: #599,646 in Books (See Top 100 in Books) #16 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus #33 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #245 inÂ 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: A Practical Guide to Alleviating the Challenges of Systemic Lupus Erythematosus Coping with Lupus, 4th Edition Encouraging Others Coping With Lupus: You Are Not Alone The Lupus Book 4th (fourth) edition Text Only Pink Prayer Book: Coping, Healing, Surviving, Thriving (English and English Edition) Coping Cat Workbook, Second Edition (Child Therapy Workbooks Series) Divorce Is Not the End of the World: Zoe's and Evan's Coping Guide for Kids Hyperbole and a Half: Unfortunate Situations, Flawed Coping Mechanisms, Mayhem, and Other Things That Happened F'k Cancer - Coping & Coloring: The Adult Coloring Book Full of

Stress-Relieving Coloring Pages to Support Cancer Survivors & Cancer Awareness ... Books & Swear Word Coloring Books) (Volume 6) The Loss of a Pet: A Guide to Coping with the Grieving Process When a Pet Dies Coping with Sorrow on the Loss of Your Pet Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline 104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, Coping Skills Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and Their Families Invisible Scars: A Guide to Coping With the Emotional Impact of Breast Cancer Cancer Survivorship Coping Tools - We'll Get you Through This: Tools for Cancer's Emotional Pain From a Melanoma and Breast Cancer Survivor The Arthritis Helpbook: A Tested Self-Management Program for Coping with Arthritis and Fibromyalgia The Endometriosis Survival Guide: Your Guide to the Latest Treatment Options and the Best Coping Strategies Coping With Endometriosis Menopause and the Mind: The Complete Guide to Coping with Memory Loss, Foggy Thinking, Verbal Confusion, and Other Cognitive Effects of Perimenopause and Menopause

[Dmca](#)