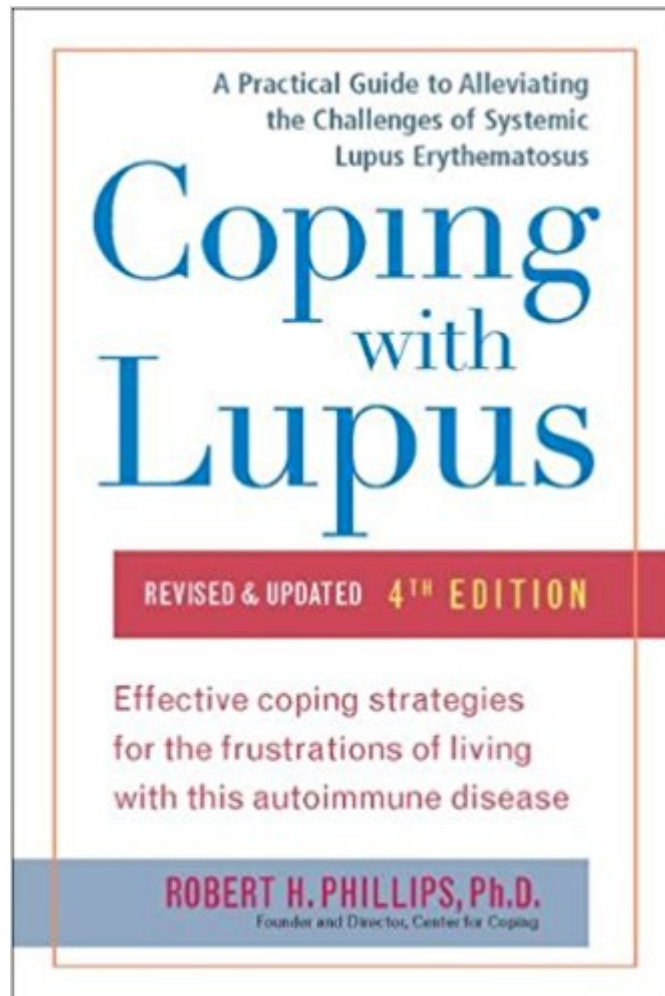




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Coping With Lupus: Revised & Updated, Fourth Edition



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

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Customer Reviews

Robert H. Phillips, Ph.D., is a practicing psychologist on Long Island, New York. The founder and director of the Center for Coping, a multiservice group that helps people with medical, emotional, and family problems, he is the author of more than a dozen successful books in Avery's *Coping with a Chronic Illness* series.

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.

After receiving a diagnosis of Lupus, you panic. This book helps you answer most of your 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.

I am very pleased with my purchase of "Coping with Lupus" and was thrilled to get it for a fraction of what I would have paid to purchase it new. Thanks. Jackie

Lupus has changed my life whereas I did not know what was around the next corner. This book allows me to look up any questions I may have to refer to or re-refer to.

Bought it for a 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.

I haven'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 you have been diagnosed with Lupus your family tends to not understand therefore does not give support.

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