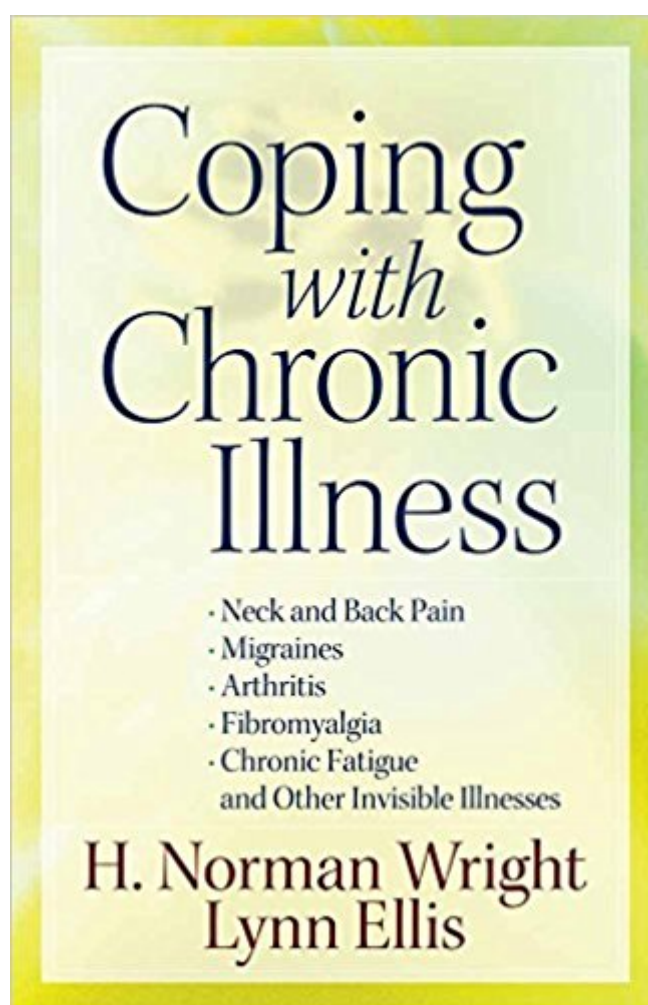


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# Coping With Chronic Illness: \*Neck And Back Pain \*Migraines \*Arthritis \*Fibromyalgia\*Chronic Fatigue \*And Other Invisible Illnesses



## 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

H. Norman Wright is a well-respected Christian counselor who has helped thousands of people improve their relationships and deal with grief, tragedy, and other concerns. He helps couples bring vibrancy to their relationships through counseling, seminars, and more than 90 books, including *Before You Say "I Do"* and *After You Say "I Do"*. Norm also reveals insights for spiritual growth, great relationships, and success in devotionals that include *Strong to the Core*, *Quiet Times for Every Parent*, and *Truly Devoted: What Dogs Teach Us About Life, Love, and Loyalty*. Norm and

his wife, Tess, enjoy their children, grandchildren, various pets, and fishing.

[www.hnormanwright.com](http://www.hnormanwright.com)Lynn Ellis holds a BS degree and has received substantial training in pain management. She has trained in grief, crisis, and trauma counseling through Talbot Graduate School of Theology. She's been a facilitator of grief recovery groups, was actively involved in extensive research on chronic illnesses, and has worked in the dental/medical field.

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+++++++

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.

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.

Best book I have read so far to coping with the changes in my life.

I haven't read the entire book but skimmed it from cover to cover; it is very well written and from a patients perspective and you will feel like they are talking about you. They cover such things as diagnosis, dealing with friends and family members who may not understand your pain, pain and suffering, dealing with loss, emotions, depression, rebuilding your life, keeping a pain diary, alternative treatments. Overall looks like a very good read...

Are you coping with a chronic illness? I have not read this book from cover to cover yet but from what I have read, I find it to be an excellent resource. It includes types of chronic illness, exercises, recommended readings, and even the impact of living with chronic illness on our relationship with God. What I go through on a daily basis is captured in this book

Recommend to anyone living with a chronic illnesses. It not only informs but gives hope to those living with such illnesses.

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