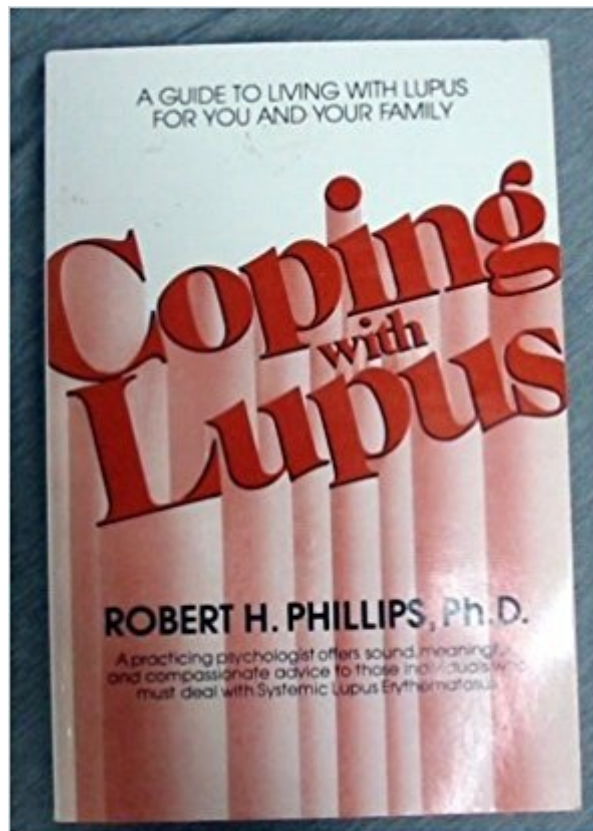




The book was found

# Coping With Lupus: A Guide To Living With Lupus For You And Your Family



## Synopsis

In this new book, Dr. Phillips offers sound, meaningful, compassionate advice to those individuals who must deal with lupus. *Coping with Lupus effectively* explains the strategies and techniques that can greatly improve the quality of life for lupus patients and their families. --This text refers to an out of print or unavailable edition of this title.

## Book Information

Paperback: 256 pages

Publisher: Avery Publishing Group; 2 edition (July 1, 1984)

Language: English

ISBN-10: 0895292521

ISBN-13: 978-0895292520

Product Dimensions: 20 x 20 x 20 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 3.8 out of 5 stars 6 customer reviews

Best Sellers Rank: #4,058,642 in Books (See Top 100 in Books) #86 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus #178 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #760 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments

## 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. --This text refers to an out of print or unavailable edition of this title.

The person with lupus must struggle with strong and conflicting emotions while trying to maintain as normal a life as possible despite pain, disability, and changes in personal relationships. This book attempts to offer ideas for dealing with these problems. Unfortunately, this book sometimes glosses over the difficulties the person with lupus faces. There are some helpful hints in it; but often, the author spends far more space describing a problem than offering solutions for solving it. For example, here is the complete advice for people worried about no longer being able to work: "Talk to people. Speak to others with lupus who cannot work. Find out what they are doing to cope. Maybe you'll get some ideas that will help you conquer this fear." When the author does provide

hints for coping, he often doesn't go into much detail. For example, the section on using relaxation techniques to combat pain contains just four sentences. It mentions meditation, autogenic training, hypnosis, and deep breathing, but it does not even define them, let alone give instructions for any of them or tell you where to find out more information. There are no easy answers for the obstacles people with lupus face each day; still, the reader would have been better served if the author had spent less time "feeling the reader's pain" and more time helping her solve it.

I read this book and found it to contain lots of very important information. . It was well researched. For those of you interested in a little different approach you might read Stolen Moments by Barbara Fisher. This beautiful love story is fiction but based on the author's own life with lupus. ..It makes readers aware that life and love are precious and never to be taken for granted. This was edited by Ms Fisher's own lupus specialist and it is called the love story of the 90's.

I read this book years ago when I was first diagnosed with lupus and found it to be very informative and helpful. It is written in such a manner that it isn't dry or boring. It gives you all the information you need to know and also makes you laugh and gives you hope. I would highly recommend this book for anyone who is newly diagnosed or knows someone with lupus. It's quick and easy reading.

lots of information on Lupus and how to handle all the different things that Lupus does to the body.

This book was very informative to me. I have read many books about lupus, but I still learned some things from this book. Doesn't explain much about the tests, but all in all was a pretty good book.

The compassion and understanding in which this was written truly made me feel like I was not alone nor crazy.

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

Coping with Lupus: A Guide to Living With Lupus for You and Your Family  
Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet)  
The Lupus Guide: An education on and coping with Lupus  
Coping With Lupus: A Practical Guide to Alleviating the Challenges of Systemic Lupus Erythematosus  
The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1)  
Healing Lupus Naturally: Science-Based Natural Lupus Remedies Your Doctor Doesn't Want You to Know About  
Coping with an Organ Transplant: A Practical Guide (Coping With Series)  
The Weight Loss Surgery Coping

Companion: A Practical Guide for Coping with Post-Surgery Emotions The Weight Loss Surgery  
Coping Companion: A Practical Guide to Coping with Post-Surgery Emotions Coping Skills for Kids  
Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger Cancer:  
Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving  
(Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate  
Cancer,Cancer Prevention) When Lupus Throws You For A Loop: A Handbook For The Newly  
Diagnosed, Lupus Veterans, And For Those Who Love Them Lupus Diary: Track Your Life with  
Lupus--Body, Mind, and Spirit Coping with Lupus: Revised & Updated, Fourth Edition Living Your  
Unlived Life: Coping with Unrealized Dreams and Fulfilling Your Purpose in the Second Half of Life  
The Lupus Diet Plan: Meal Plans & Recipes to Soothe Inflammation, Treat Flares, and Send Lupus  
into Remission Dubois' Lupus Erythematosus and Related Syndromes E-Book: Expert Consult -  
Online (Dubois Lupus Erythematosus) 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 A Decade of Lupus: Selections from Lupus News LUPUS:  
Systemic Lupus Erythematosus: Symptoms. Types. Causes. Diet. Diagnosis. Treatments.  
Research.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)