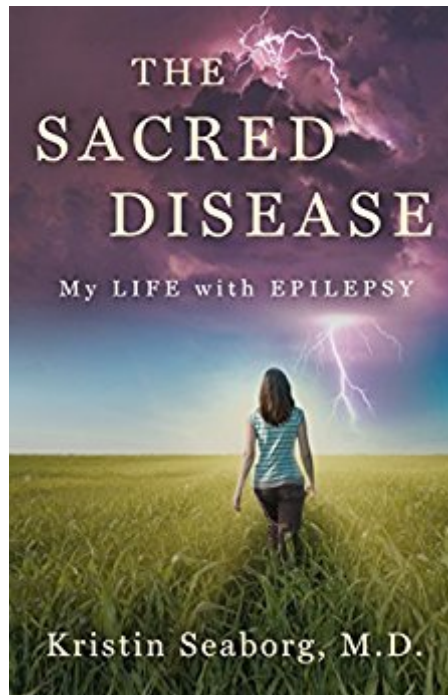




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# **The Sacred Disease: My Life With Epilepsy**



## Synopsis

Young Kristin Seaborg had the world at her fingertips: a loving family, happiness and security, early admission to medical school. Her future seemed certain, until the frightening diagnosis of epilepsy threatened to destroy both her career path and her health. Living in constant fear that her seizures would intensify and prevent her from practicing medicine, Kristin kept her condition a closely guarded secret, leading a tenuous double life as patient and practitioner. A memoir of discovery, acceptance, and hope, *The Sacred Disease* chronicles Kristin's tenacious fight for a seizure-free life. Remarkably, although Kristin's knowledge and expertise continue to develop as a pediatrician and mother, her experiences as a vulnerable patient provide the most valuable lessons of all.

## Book Information

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## Customer Reviews

Outstanding read -- I could not put the book down! I was drawn to every detail of Dr. Seaborg's journey, from the account of her first seizure as an infant, to her decision to write her most personal thoughts for all of us to read. With each step of her journey through high school, college, her medical training, and motherhood, I tried to imagine how the complexity of learning to live with epilepsy would have affected my own life. Dr. Seaborg places the reader into her own shoes

effortlessly and before you know it, you are experiencing every frustration, struggle, and triumph she describes. I highly recommend this book. Whether your life is touched by epilepsy directly or indirectly, you will benefit from Dr. Seaborg's story. If you are a medical professional, this is a must-read -- both you and your patients will greatly benefit. Plus, you are contributing to a great cause by reading her story! All of the author royalties are donated to CURE (Citizens United for Research in Epilepsy).

A very transparent condensation of living with epilepsy, right down to her peers' mocking and ridicule -medical professionals who ought to know better. Dr Seaborg is herself a fine example of living with an incurable disease. She details what it takes to get there-an engaged and coordinated medical team, support from family, colleagues at work, and the personal, love and endurance. A memorable read for the diagnosed, if you love someone with epilepsy, carers, doctors, or just want to understand the condition of 1 in 26. Epilepsy is certain to be the next neuroscientific frontier.

I have read numerous books about epilepsy but this book is straight forward about how it feels to be labeled as an epileptic. After reading Kristin's book I no longer feel alone and so different from others. This is the type of book I could not put down till I was finish and I even emailed Kristin a note telling her how much her book encourage me to keep going. The best part is she actually replied to my email. Again this book is worth buying.

Great story, I highly recommend for anyone wanting to understand Epilepsy better as well as those that have Epilepsy. I am a mom of a son with it and it was like reading his story. I thank the author for writing such a candid story told in a way that the world can see and understand.

I cannot begin to say how much I appreciated this book. Having a seizure at the age of 39 left me confused and feeling isolated. Reading this book was very helpful. I shared sections with my husband that described things in a way that helped him understand my personal experience and journey. I would recommend this book to the public as a whole, but especially healthcare professionals and those who have stumbled into the world of seizures and epilepsy because they or a loved one found themselves waking up to a paramedic telling them they have had a seizure. This book is so raw and insightful. Thank you for writing this Dr. Seaborg.

I cannot say enough about Dr. Seaborg's poignant and personal picture of a life with epilepsy while

also being a successful physician. It is sad, yet eye opening, how the rest of us regard seizures. She brings a unique perspective as both a chronic patient and a physician in how our medical system treats patients as well as other physicians. She has the true compassion and heart to be not only a physician, but a healer. She writes with a personal touch and style that is hard to find in medicine. I highly recommend her book to anyone entering the medical field. She relates a message that will resonate with anyone dealing with a chronic disease and trying to hide it while at work or in other capacities of life.

This is a wonderfully written and captivating book that really sheds light on what epilepsy is and how it affects a person and their loved ones. Thank you to the author for sharing her story with the world. Definitely a must read whether or not you know someone with the disease or have it yourself. Great book - highly recommend!!

I just finished reading this book. Dr. Seaborg was my children's pediatrician and I had the privilege of working with her. Her book is an important story and reminder that what you see on the surface is not what is necessarily going on beneath the surface. I was awestruck by her as a doctor and now equally awestruck by the strength of her as a advocate for Epilepsy. This book is an excellent read.

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