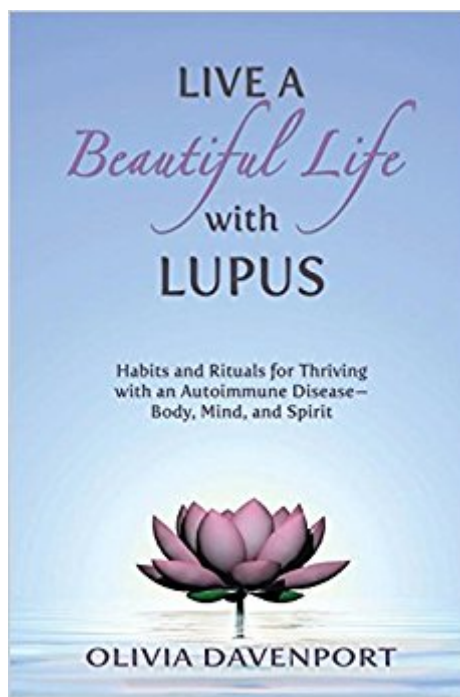




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Live A Beautiful Life With Lupus: Habits And Rituals For Thriving With An Autoimmune Disease--Body, Mind, And Spirit



Synopsis

Can you live a beautiful life while living with Lupus? Incurable and unpredictable, Systemic Lupus Erythematosus, or Lupus, is an autoimmune disease known for its difficulty to treat and its penchant for disrupting lives. A Lupus patient can be stable one day and suffering in the hospital from a full-blown “flare” of the disease the next. For the over 1.5 million Americans living with the disease, the toll it takes is enormous. Living a life filled with fear, uncertainty, and strong medications, finding peace in this all-too-often stormy life with Lupus can be daunting—even in the mildest of cases. But with the habits and rituals of the Live a Beautiful Life with Lupus framework, a path to a better quality of life is possible. Developed by Olivia Davenport, a Lupus patient herself, this book was borne out of years of debilitating episodes of illness and medical emergencies. In her desperation to find a way to truly live, she researched, queried, and conferred with her doctors and other practitioners to develop a systematic way to take care of herself holistically—body, mind, and spirit. Her approach is the reason she can say, “Yes, you can live a beautiful life with Lupus!” Live a Beautiful Life with Lupus book will teach you ways to: Soothe your Lupus body—with the goal of minimizing Lupus flares and unexpected medical episodes. Strengthen your Lupus mind—in order to manage the neuropsychiatric, mental, and emotional effects of the disease. Nurture your Lupus spirit—to find meaning, hope, comfort, and inner peace by reconnecting with the energizing life force that transcends the body and mind. Track your life with Lupus for yourself and your doctors holistically with the new Lupus Diary. Available as a fillable pdf or for printing and filling out on paper. Explore many resources available to Lupus patients, and more. Author, blogger, and former overachiever Olivia Davenport wants to spread the news that you can live a beautiful life with Lupus. After her Lupus diagnosis in 2012, she began a journey of research and self-discovery, to determine the habits and rituals to support her goal of not losing herself to the incurable disease. With her two blogs, LiveaBeautifulLifewithLupus.com and LupusDiary.com, Olivia finds joy in sharing what she’s learned with practical tools, actionable steps, and inspirational insights.

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Customer Reviews

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I highly recommend this book. A friend gave this book to me and I found myself wishing that I could have had it when I was diagnosed. So many emotions overwhelmed me, what is lupus? How badly will I be affected? What will my life be like now? Finally, and most frightening of all, how long will that life be? What I wanted was a short, informative volume that would let me "hit the ground running" as I learned to accept my diagnosis. What I found were books with hundreds of pages and lots of symptoms and terminology but not much of a human touch. This book provided a wealth of information in a small concise volume. For those of you who are just beginning your Lupus journey, there are myriads of books out there but few that educate, uplift and provide a plan of action like this one. Ms. Davenport's book concentrates on Systemic Lupus but much of her advice and coping strategies could be applied to anyone living with any autoimmune disease. *Live a Beautiful Life with Lupus* is divided into 3 sections: Part I, which defines the author's concept of living a beautiful life, Part 2 how Lupus affects your body, and Part 3, living a beautiful life with Lupus. So much of coping with life's vagaries depends upon one's attitude and Ms. Davenport's book is built around maintaining the best outlook possible regardless of what the disease throws at you. The last part of the book lists resources (both physical and spiritual, though the book is nondenominational) that will help the reader gather more information about how to live with your new reality. If you are

the friend/loved one of someone who has Lupus this is also an excellent book for you to read. It's short enough so that you won't lose interest and will help you help your "Lupie" as some people with Lupus refer to themselves, stay positive. If you never read another book on Lupus or if you go on to collect dozens, this book would be a valuable addition to your library that you'll find yourself consulting again and again.

As a family member of a person diagnosed with Lupus, this book has provided me with extremely useful insight on the challenges of, as well as the tools for, managing the illness. When starting the book my goal was to obtain some general tips that would help prepare me to discuss coping methods. Upon completing the book, I realized I had received a lovely gift that met this goal and so much more. Ms. Davenport's clear and unpretentious style of writing has increased my understanding of Lupus, and maybe more importantly, has opened my mind to the power of a positive attitude and approach. The structure and writing style make the book easy to understand and quite beautifully and simply lay out useful strategies that address all aspects of one's life. Additionally, the resources provided toward the end of the book are invaluable. If you are living with Lupus, have a loved one living with Lupus or simply want insight on how a positive attitude can make a significant difference in living with a chronic illness, I suggest you read this book!

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