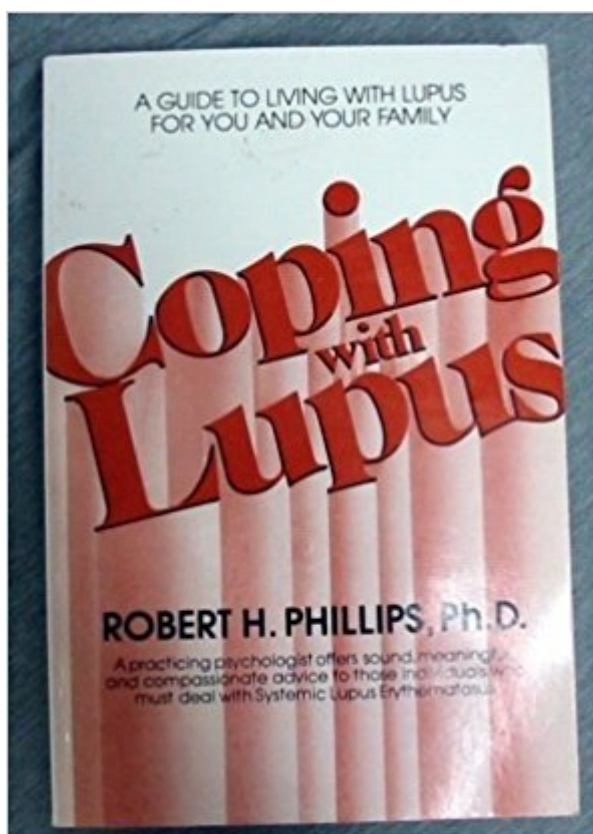


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# Coping With Lupus: A Guide To Living With Lupus For You And Your Family



## 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

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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. --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.

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