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# You're Not Crazy And You're Not Alone

Foreword by Izabella Wentz, PharmD, FASCP

Author of "Hashimoto's Thyroiditis: Lifestyle Interventions for Treating the Root Cause"

## You're Not Crazy & You're Not Alone

Losing the Victim,  
Finding Your  
Sense of Humor,  
& Learning to Love  
Yourself Through  
Hashimoto's



**STACEY ROBBINS**



## Synopsis

Winner of the Book Diva's Most Inspirational book award of 2014, *You're Not Crazy and You're Not Alone: Losing the Victim, Finding Your Sense of Humor, and Learning to Love Yourself Through Hashimoto's* by Stacey Robbins shines a flashlight on the emotional, physical, and spiritual journey within women with this autoimmune dis-ease. Stacey explores the common areas that women with Hashi's struggle: like perfectionism and self-rejection -- and common past experiences -- like abuse or injury. Stacey inspires women to look at their lives, and Hashimoto's differently, and to use this diagnosis as an opportunity for inner healing, greater happiness, and loving themselves.

## Book Information

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## Customer Reviews

I could not put this book down. Stacey Robbins is a gifted writer and motivational speaker. This is a very funny and poignant story of Stacey's quest as she takes you along with her on her journey to heal her Hashimoto's Disease. Most of us have been on that road in our attempt to find the right doctor who truly understands this disease and can provide us with the care we need to bring us back to optimal health. I think the reader will recognize themselves on every page. This is a personal story, but also one filled with good information and very helpful hints that we can all use in our own lives. You feel as if you have a new personal friend to support and guide you in your own

personal struggle with Hashimoto's Disease. Thank you Stacey for this wonderful book.

Well-written from a well-informed and brilliant consumer, this enlightening book not only depicts a woman with an autoimmune disease desperately seeking help, but also details the many contributing life factors, as well as experiences with clinicians who have, over the years, belittled her symptoms and ignored her cries for help. However, you won't find that Mrs. Robbins dwells on the negative; instead, she focuses on the positive and the greatness of this thing called life. This is a wonderful, candid and easy read that will evoke a multitude of emotions from the reader: laughter, gratitude, appreciation, empowerment, more laughter, frustration, compassion, the discovery of truth, empathy, and of course, more laughter. As a medical provider with Hashimoto's, I found myself nodding in agreement, shaking my head acknowledging the painful reality of true lack of knowledge within my field, as well as my eyebrows raising when met with new information and issues I'd never considered. This is a true eye-opener for anyone with Hashimoto's, those who know someone with Hashimoto's and/or any medical provider seeking accurate information for truly treating the patient and not the lab values. ~ Paige Adams, FNP, B-C

This is an amazing book. VERY well written. Interesting, informative, & fun. The fun doesn't take away from the serious nature of the subject but makes it a little more pleasant to deal with. Stacey Robbins tells the truth. She digs deep into your soul, addresses insecurities and makes you feel normal. I don't even have Hashimoto's or auto-immune disease but a friend recommended I read this book just as a guide to feel good and address problems that have blocked me from leading a totally healthy life. Stacey has a way of writing where it feels like a conversation. She is vulnerable and able to open your heart and make YOU vulnerable yet safe as you journey through this guided healing process. A fantastic read. I would absolutely recommend this book to anyone with auto-immune disease or anyone who wants to live a life of self-acceptance and self-love. I have already purchased copies for friends and family!!! A+++ What a great voice Stacey Robbins!!!!

At the end of reading (in a short amount of time I devoured the book) I no longer felt alone or crazy after struggling with Hashimoto's both undiagnosed and diagnosed for several years. Stacey's ability to be real, write in the same authentic tenor in which she speaks, make you laugh, cry and nod your head to the point of slight whiplash while providing well-researched, accessible and usable information to take on your Hashimoto's and finally conquer it is truly a blessing! I have not found a book on the topic yet that provides such fantastic support and information in one laugh-out-loud

resource!

First of all, I will definitely have to read this book again--at least one more time, but more than likely, several. It's so full of helpful advice and, dare I say "wisdom" that it would be impossible to glean everything from it that one can with just one pass through. The recommendations and referrals alone are worth the price of the book, but Stacey Robbins' insights into the challenges that women with Hashimoto's face, and the circumstances leading up to diagnosis are where the meat lies. Such understanding is quite uncommon. I mean, is it just me, or does it seem like Stacey's been shacking up in our brains? It's kinda' freaky how she knows so much without knowing us at all. Just sayin' ...This is not a hard read, which is what makes it so surprisingly heady! Somehow, woven amidst all of Stacey's candid tales of woe, amidst her encouragement, amidst her personal revelations, is a spiritual journey of epic proportions! And the best part is, she invites you along for the ride. And THAT is priceless. This is a great book for Hashimoto patients and non-Hashi's folks alike. Everyone has felt alone and crazy at one time or another, and through her generosity and vulnerability, Stacey makes you feel like there really is someone who understands just how you feel. And that can be a very welcome feeling indeed.

I would like to thank the author for writing this novel. I was diagnose with an autoimmune disease, hashimoto thyroiditis back in May of 2013. I was getting worse by September 2013. My levels in September were all fine according to the doctor, with the exception of my antibodies were over 1900. He recommended that I should see a therapist because the symptom were in my head. By January of 2014 I had enough and I started looking for alternative medicines and came across this book. Thank God for this book. This book was me! Again thanks for telling your story, Stacey Robbins and what alternative you have done. This book gave me hope. Sincerely Yours, Emma Mainwaring

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