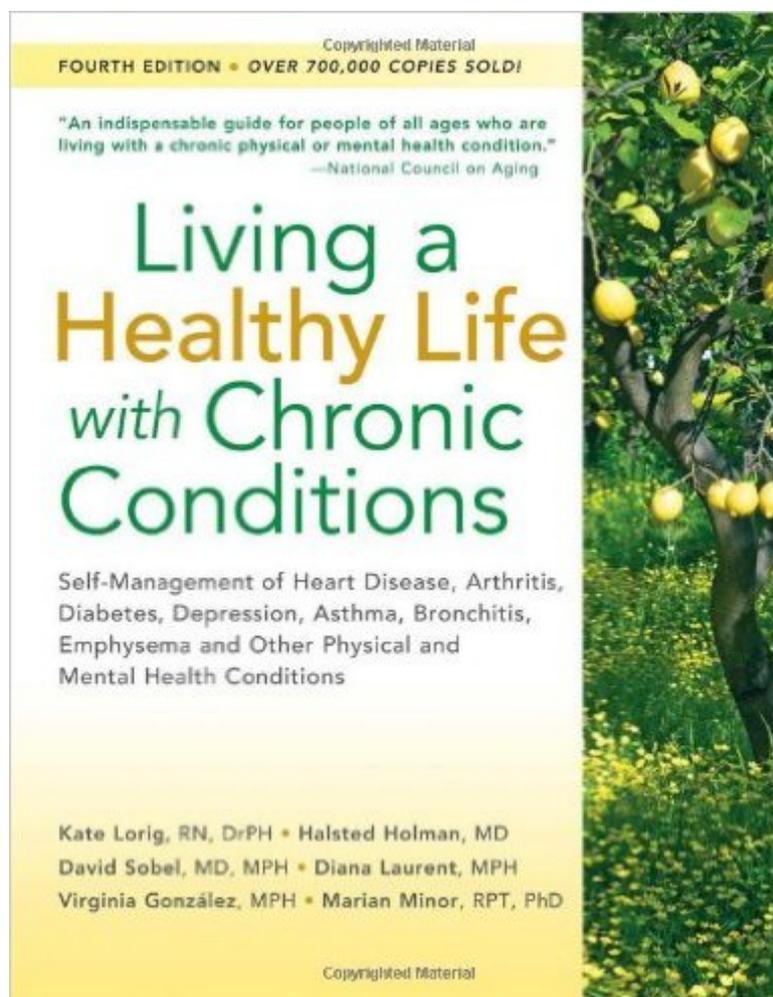


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# Living A Healthy Life With Chronic Conditions: Self-Management Of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema And Other Physical And Mental Health Conditions





## Synopsis

Completely redesigned for easy reading and fully updated with the latest research and information on current practice, medication, legal matters, and specific conditions, this new edition of a vital resource is full of tips, suggestions, and strategies to deal with chronic illness and symptoms, such as fatigue, pain, shortness of breath, disability, and depression. It encourages readers to develop individual approaches to setting goals, making decisions, and finding resources and support so that they are able to do the things they want and need. Originally based on a five-year study conducted at Stanford University, this work has grown to include the feedback of medical professionals and people with chronic conditions all over the world. Aimed at letting people become self-managers of their own illness, this book's one simple goal is to help anyone with a chronic illness to live a productive, healthy life.

## Book Information

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## Customer Reviews

Normally one reads books pertaining to health - particularly books dealing with chronic health problems - out of a sense of urgency, or, at the very least, a feeling of need. Rarely are they either easy to read or enjoyable in doing so. This book, however, is that rare exception. It is incredibly informative; it makes that information available in a highly readable manner (i.e. it is very user friendly); it does so succinctly but enjoyably; and, to cut to the chase, it is far and away the best health book that I have ever read - and I have been reading health books for the better part of 60 years. It is packed full of extremely useful tools for how to live a healthier life, and its value is not limited to those suffering from a chronic condition. I thoroughly enjoyed reading this book and profited greatly from doing so. I highly recommend it to those seeking to lead a healthy life (whether

suffering from a chronic condition or not). And who would not wish to live a healthier life?

I love this workbook. I have a chronic pain condition called full body CRPS - RSD ...and I do not want to do anything !! After reading this book I created an action plan ..and I am cleaning up my entire house, top to bottom, inventory on and on. My house has like dust an inch thick on some things. I hate cleaning, and this book helped me step up and face my demons !! Pain and all !! Helping me to completely revamp my life, and release procrastination, depression and apathy with life. I LOVE !! this book. I sleep with it under my pillow and I am constantly reading it to be inspired to upgrade my life. I am also enrolling others to buy this book...and I am having everyone do these action plans with me, very fun.

Often this book is used as a text for a class or workshop. Unfortunately, using it in class is difficult because the "Go To" function does not include page "number" ---- only "location". When some people are using the hard copy version, page numbers are often called out for reference during the workshop or class. It is almost impossible for the people who are using the Kindle version to find the reference. To be a good text, it needs to be able to "go to" specific page numbers. I found that this book made the assumption that all older or disabled persons were depressed, couldn't sleep, had trouble communicating, and knew nothing about good nutrition and maintaining a healthy lifestyle. I find that these assumptions are not necessarily true, and that the book takes a simplistic approach to self-management techniques.

With over 50% of the U.S. population diagnosed with one or more chronic diseases and millions more pre-diagnosed this brilliant, comprehensive compilation of practical strategies, stories, wisdom and resources will improve countless lives. An empowering "must read" guide for successful self-management, this work supports better outcomes for patients, clinicians and care givers. Anyone who feels they may have a tendency towards a chronic condition will also learn invaluable strategies for preventative self-management.

I am a master Trainer in the CDSMP and DSMP programs that utilize this book from Dr. Lorig. this is one of the most valuable tools that we have at our disposal. It is full of great tips, good advice, and great knowledge for those who are living with a chronic condition.

I bought this book as a gift for a friend who suffers from many chronic ailments. I bought it on the

recommendation of another friend who just loves it! I have not personally read it but my friend said it is very helpful!

I got this book for attending a seminar for chronic illness, and I have found it to be very helpful, even though it is aimed at people much older than me, and with conditions other than my own. It is one of the first publications I have read to acknowledge depression not just as a side effect of chronic illness, but as a part of the disease itself, and encourages its treatment in this way. It also advocates taking control of your life by making plans and managing your diet in healthy ways, and by managing your pain in conjunction with your doctor's orders by using meditation and guided imagery. There are also exercises you can do in here that are low impact and that encourage good balance. It's good for the chronically ill and those of us that have difficulty getting around sometimes to give us good options to get started getting active again. There are also chapters on mental health conditions, and how to manage those. I have used the the techniques in this book many times since learning them, and have taught them to others in support groups. I tell people about this book all the time!

It is interesting for anyone who has not done much reading about "living a health oriented lifestyle". I did read it through and passed it on to my spouse who is really learning about things that he didn't pay much attention to before, so now he will be more inclined to eat healthier.

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