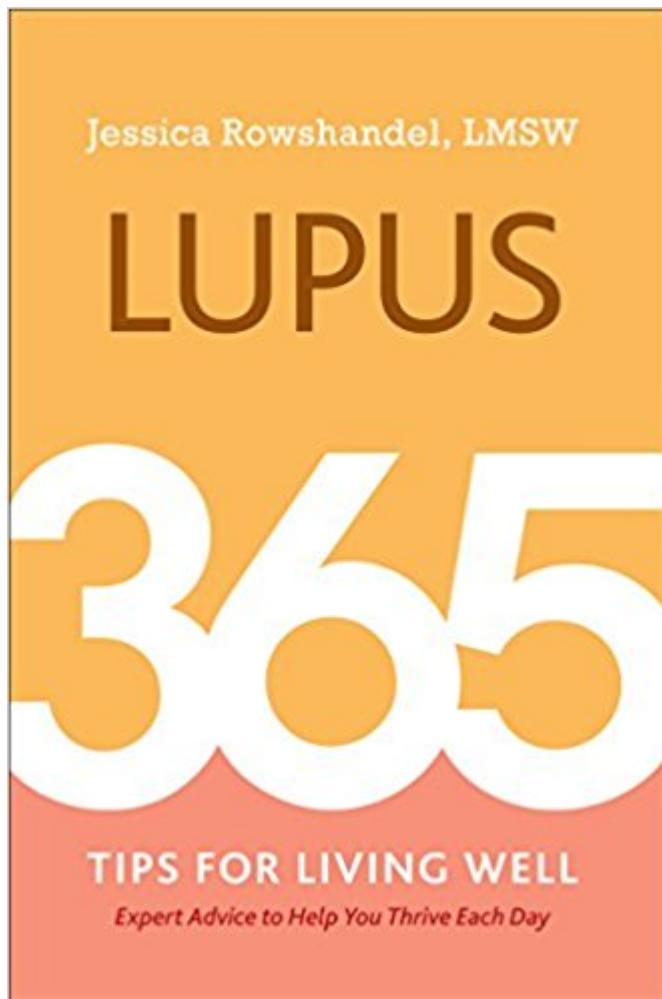


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# Lupus: 365 Tips For Living Well



## **Synopsis**

Filled with practical tips and support, *Lupus: 365 Tips for Living Well* offers reliable, easy to implement ways to face challenges and live your life to the fullest with lupus. Written by the former Director of Social Services of the S.L.E. Lupus Foundation, this empowering guide is packed with information to help you: Get the medical care you need Learn about alternative and complementary therapies Manage lupus fog Reduce stress, fatigue, and flares Maintain healthy relationships with partners, friends, family, and children Deal with work-related issues, employers and co-workers And much more.

## **Book Information**

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## **Customer Reviews**

"Long-overdue, *Lupus: 365 Tips for Living Well* is a comprehensive, yet easy to understand essential guide for individuals with lupus, their loved ones and anyone going through a possible diagnosis. By educating and empowering people to become actively engaged in their treatment and encouraging participation in the lupus community through advocacy and research, Jessica Rowshandel delivers a valuable resource at a time when the patient voice is more relevant than ever."--KATHLEEN A. ARNTSEN, President & CEO of Lupus and Allied Diseases Association, lupus patient and national autoimmune advocate

Jessica Rowshandel, LMSW is a social worker and the author of the book *Lupus: 365 Tips for Living Well*. She is also the former Director of Social Services for the S.L.E. Lupus Foundation and

was the author of the Foundation's monthly column about coping with lupus. She has an M.S. in social work from Columbia University.

Lupus/SLE can be an overwhelming road to navigate. Not only for the person who has it but for our caretakers. Having been diagnosed with SLE in 2013, it's changed my life in the way I organize it, perhaps not only daily, but hourly and sometimes minute-to-minute. I have spent the last few years reading many books on this subject to gain new insights into my illness and to educate myself. From the first chapter forward I found this book to be refreshingly honest and enlightening. It not only reinforces the basics about lupus but encourages you to ask questions in addition to giving you answers. The book is written in an engaging manner and was a pleasure to read. The chapter with the tips on insight into what is known as "Lupus Fog" is worth the price alone! As a man who has lupus (not the common population among those that suffer from SLE), I sometimes feel a bit isolated and disconnected when reading books on the subject. I did not feel that in the slightest, as I felt this book resonated with me as a person not my gender. Ms. Rowshandel cleverly and concisely structures practically everything and anything you may have wanted to ask about SLE (and some things you didn't even know you wanted to ask!) to maintain your stress levels, prevent flares and help maintain your health while coping with the disease. Before I was diagnosed with this disease I really had trouble asking for help/assistance (and still do), but the author reinforces the importance of communication, whether it's a doctor or a family member or anyone you might interact with, as a key element for maintaining your health while coping with the illness. And it's important to be reminded of that. The reference index is an extremely helpful and valuable resource (again, worth the price of the book alone). The author's tips on communicating and maintaining healthy connections in your day-to-day life reminds me that I am not just lupus. It's those thoughtfully crafted details and the supportive nature of this book that makes it a must read for me and my friends/family.

Very helpful

This was not what I expected. I guess I didn't really pay attention to the description of the book. It is just full of short tips to help you manage symptoms. I didn't learn anything new from this and am sorry I even bought it.

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Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus

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