



Despite Lupus: How to Live Well with a Chronic Illness

Sara Gorman

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Feel like you're losing the battle with lupus? Look no further than *Despite Lupus*, the book that will help you obtain the emotional and physical wellness you deserve. There is no cure for lupus, but there is a way to live well, despite it. The choices involved in living well with a chronic illness aren't easy, but no one is in a better position to make the right ones than you. In *Despite Lupus*, you'll learn how your lifestyle choices have contributed to your illness, why you make the choices you do, and most importantly, how you can make better ones moving forward. A fulfilling life awaits you; this is the path that will get you there. In *Despite Lupus*, you'll discover:

- *Tips on tackling the mental and physical limitations brought on by the disease
- *Insight into dealing with doctors, co-workers, friends and family members
- *Tricks for managing test results, prescriptions, and myriad symptoms
- *Exercises to help you eliminate stress, re-evaluate priorities, and refocus productivity

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