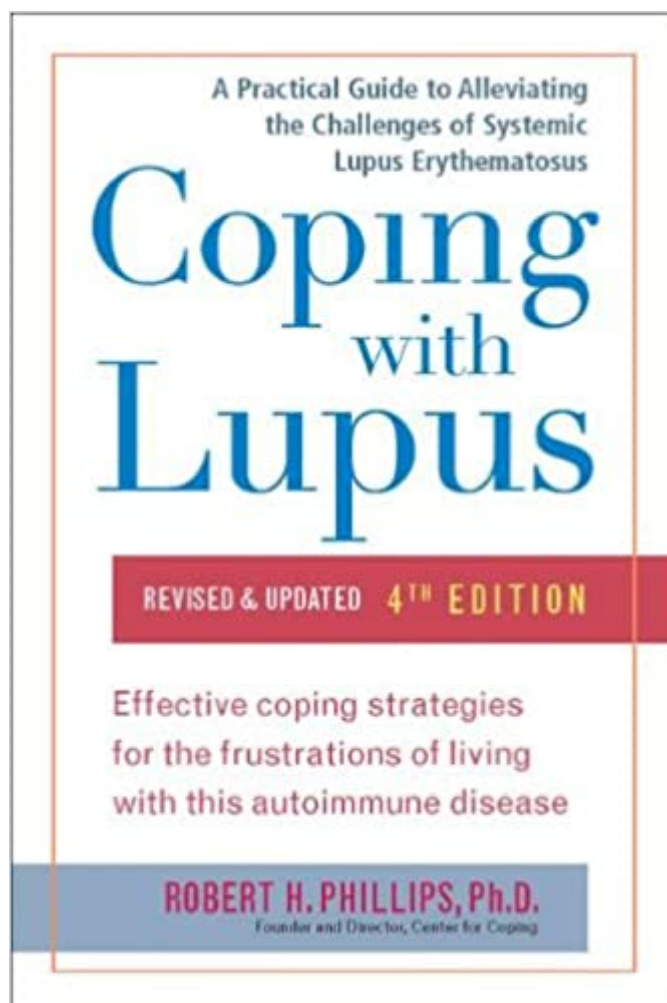


The book was found

Coping With Lupus: Revised & Updated, Fourth Edition



Synopsis

A completely updated and revised edition that provides comfort, information, strategies, and advice for those living with lupus. There is no cure for lupus, so a diagnosis of this potentially debilitating autoimmune disorder is understandably disquieting. This new edition of *Coping with Lupus* answers all the important questions one might have and offers practical coping strategies to help those with lupus live their lives to the fullest. Dr. Robert Phillips, the founder and director of the Center for Coping, lends his expertise in dealing with the psychological aspects of chronic health problems to address a range of issues, including: The medical facts-what lupus is, and how it is diagnosed and treated Medications, nonmedical pain-control methods, exercise, and diet Lifestyle changes to maintain optimal physical and emotional health Coping strategies for virtually every facet of living with lupus

Book Information

Series: Coping with

Paperback: 512 pages

Publisher: Avery; 4 Rev Upd edition (April 3, 2012)

Language: English

ISBN-10: 1583334459

ISBN-13: 978-1583334454

Product Dimensions: 6 x 1.3 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 20 customer reviews

Best Sellers Rank: #845,859 in Books (See Top 100 in Books) #20 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus](#) #48 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases](#) #408 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems](#)

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.

Some people with lupus look for a great reference book that they can refer back to when they have

questions. Some people look for a book that they could look to for advice. Others look for a book that can help them cope with the magnitude of being diagnosed with a chronic illness. This book does all. I do have the books written by Dr. Daniel Wallace but this book takes things a step farther and actually gives you skills to cope. It lets you know that you are not alone and are quite normal for some of the feelings that you may feel. This book stays at the top of my Kindle because I find myself referring to it often for questions or concerns. Highly recommended.

After receiving a diagnosis of Lupus, you panic. This book helps you answer most of your questions and makes you realize you are not alone in dealing with this fickle disease.

Great introductory book on Lupus. Exceeded my expectation. Would recommend this book to all Lupus Patients, their family & friends. It's a Lupus 101 type book. It's important to have a reference book available to help understand your journey with Lupus. It's world is so, unpredictable.

I am very pleased with my purchase of "Coping with Lupus" and was thrilled to get it for a fraction of what I would have paid to purchase it new. Thanks. Jackie

Lupus has changed my life whereas I did not know what was around the next corner. This book allows me to look up any questions I may have to refer to or re-refer to.

Bought it for an neighbor who has Lupus. This book has been a help to her to understand it better. Received this book in excellent condition and fast delivery. Thanks.

I haven't finished this one yet, however, I can tell you it is a no BS book. Gives a lot of good information without the fluff. Excellent for the individual who has just been diagnosed to the individual who already has some background information.

It was an ok book. I also found The Lupus Book to be very helpful. These books along with online support groups help a great deal. When you have been diagnosed with Lupus your family tends to not understand therefore does not give support.

[Download to continue reading...](#)

Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Coping with Lupus: Revised & Updated, Fourth Edition Coping With Lupus: A

Practical Guide to Alleviating the Challenges of Systemic Lupus Erythematosus Coping with Lupus:
A Guide to Living With Lupus for You and Your Family The Lupus Guide: An education on and
coping with Lupus Lupus Q&A Revised and Updated, 3rd edition: Everything You Need to Know
The Lupus Diet Plan: Meal Plans & Recipes to Soothe Inflammation, Treat Flares, and Send Lupus
into Remission A Decade of Lupus: Selections from Lupus News Dubois' Lupus Erythematosus and
Related Syndromes E-Book: Expert Consult - Online (Dubois Lupus Erythematosus) Connective
Tissue Diseases: Holistic Therapy Options--Sjogrens Syndrome; Systemic Sclerosis -
Scleroderma; Systemic Lupus Erythematosus; Discoid Lupus Erythematosus; Secondary and
Primary Raynauds phenomenon; Raynauds Disease; Polymyositis Dermatomyositis Healing Lupus
Naturally: Science-Based Natural Lupus Remedies Your Doctor Doesn't Want You to
Know About LUPUS: Systemic Lupus Erythematosus: Symptoms. Types. Causes. Diet. Diagnosis.
Treatments. Research. A Lupus Handbook: These Are The Faces Of Lupus Lupus Diary: Track
Your Life with Lupus--Body, Mind, and Spirit The Lupus Answer - Holistic Lupus Diet & Treatment
BENLYSTA (Belimumab): Treats Systemic Lupus Erythematosus (SLE or Lupus) When Lupus
Throws You For A Loop: A Handbook For The Newly Diagnosed, Lupus Veterans, And For Those
Who Love Them The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy
Nutrition and Living Book 1) Just Get Me Through This! - Revised and Updated: A Practical Guide to
Coping with Breast Cancer Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress,
Stress-Related Diseases, and Coping - Now Revised and Updated

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)