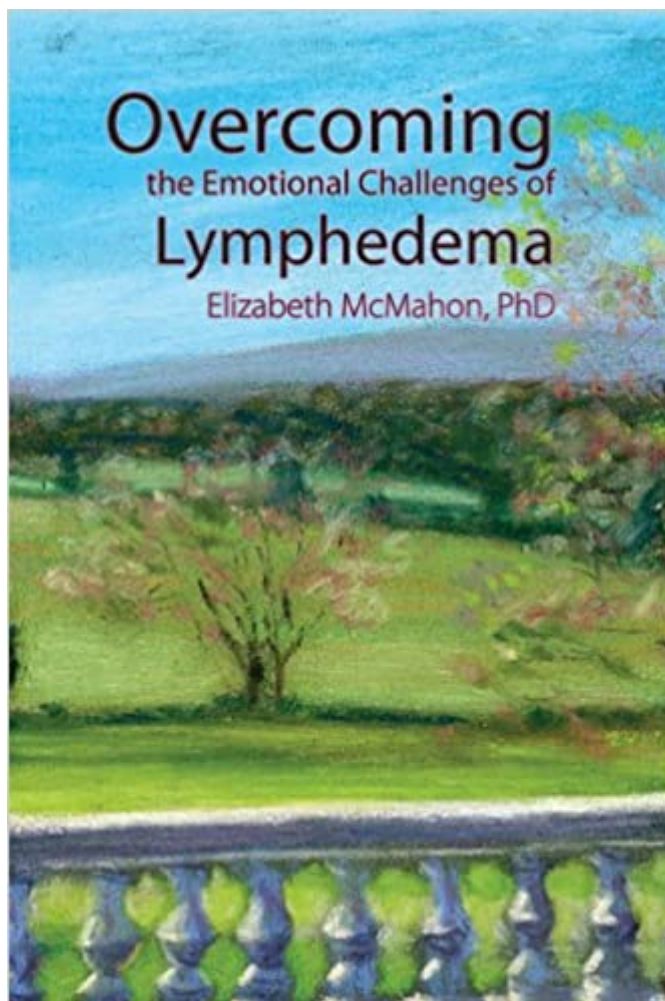


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# Overcoming The Emotional Challenges Of Lymphedema



## Synopsis

This book will help you: \* Understand the emotional challenges of lymphedema \* Overcome these challenges and avoid common pitfalls \* Recognize problems and know where to go for help \* Communicate effectively with family, friends, coworkers, and healthcare professionals \* Set and prioritize your goals \* Identify where you are in the process of changing \* Choose specific actions for reaching your goals \* Monitor your progress and maintain your gains \* Learn the ten signs of good coping and six warning signs of ineffective coping This comprehensive guide includes sections for people with lymphedema, friends and family, parents of children with lymphedema, healthcare professionals, and psychotherapists. Dr. McMahon is a clinical psychologist with Kaiser Permanente, coauthor of *Living Well With Lymphedema*, and on the editorial board of *LymphNotes.com*.

## Book Information

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## Customer Reviews

A book on emotional effects of lymphedema may feel long overdue,.... This book is excellent and definitely worth the wait! -- Lymph Link, the NLN newsletter, April 2006A refreshing and inspiring journey through understanding and coping with lymphedema. ... Recommended for public libraries, health libraries, ... -- Library Journal Review, Oct. 15, 2005 Issue --This text refers to the Hardcover edition.

Reviewer comments A very encouraging book;like having your own therapist and a close friend along as you try new behaviors.Claudia Kelsey Empowering and practical, with exercises the

reader can jump right into and know they are taking steps to help themselves. I love the emphasis throughout the book that the patient is in control. Christine P. Thomas, MSPT, CLT-LANA I learned from each part. I'm going to copy a few pages for my employer; I've asked my husband to read the section for him; my therapist wants a copy. Pat Speckman I found this book immediately comforting. Lymphedema can be isolating but this book helped me feel less alone. I believe anyone with lymphedema or their loved ones will benefit from this book. Adrienne, recently diagnosed with lymphedema A refreshing and inspiring journey through understanding and coping with lymphedema. Readers will consult it frequently like a reference tool. Recommended for public libraries, consumer health libraries, and mental health professionals working in oncology. Beth Hill, University of Idaho in Library Journal, October 2005 I think this book is very valuable and a great tool for healthcare professionals and patients alike. I hope it will help strengthen my relationship with my patients and the effectiveness of our work. Doris Laing, LMBT, CLT-LANA Helping us know how to provide for our own needs and to overcome the emotionally crippling results of lymphedema. Karen Kohr-Blinn This book is full of basic psychological truths which are insightful, constructive, and very helpful. Judith Janaro Fabian, PhD, ABPP --This text refers to the Hardcover edition.

I wish I would have discovered this book when I first got lymphedema. Now I'm really struggling to come to terms with it mentally/emotionally, and this book is helping so much.

This book is excellent. I would recommend it strongly to every woman dealing with lymphedema. I was struggling with the lack of helpful books on this subject. It addresses so many of the real concerns one has dealing with lymphedema after breast surgery. Wonderful!

This book is helping me with helping my gf with it

This book is a good resource in dealing with the emotional issues of Lymphedema. However, the information regarding the medical aspects of Lymphedema is short and basic.

great transaction and great product

This is a useful book that provides a lot of information not found on the internet. The advice is very practical, the information accurate and helpful, and the book is easy to read and understand. The

author is very honest and neutral about the effects and trials of lymphedema. I must note that a patient should see a certified physical therapist for treatment, relying on the book alone is a bad idea. The training and reduction a therapist offers is invaluable. However, the book is a good supplement, allows for refreshing the memory, and is a good reference. It's also useful for close family members, like my husband, so they can understand what is wrong and the regimens required to treat lymphedema. The writing is easily accessible, even a little simplistic. Sometimes the optimism of the author was slightly annoying. That said, the optimism might help someone who is, understandably, feeling depressed or scared about their condition. I will be keeping the book on my shelf for periodic refreshers and I highly recommend it to people with lymphedema or their close family members. I think therapists should keep a stock of these on hand, so patients can simply buy them right then and there, at the first appointment.

Unique in its focus on the emotional aspects of lymphedema, this book was a lifesaver for me as a patient, since lymphedema can be an isolating disorder with minimal social support. This comprehensive guide is replete with worksheets and suggested coping mechanisms and resources...a must for patients, caregivers, and health professionals. My own journey through two bouts of breast cancer and lymphedema is chronicled in *Â Mourning Has Broken*.

This book has everything, for the person who is just curious about lymphedema to the individual who want answers. With her intrinsically motivational style, Dr McMahon uses helpful checklists, graphs, and exercises in this engaging workbook. It is especially helpful for those people who are depressed or anxious.

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