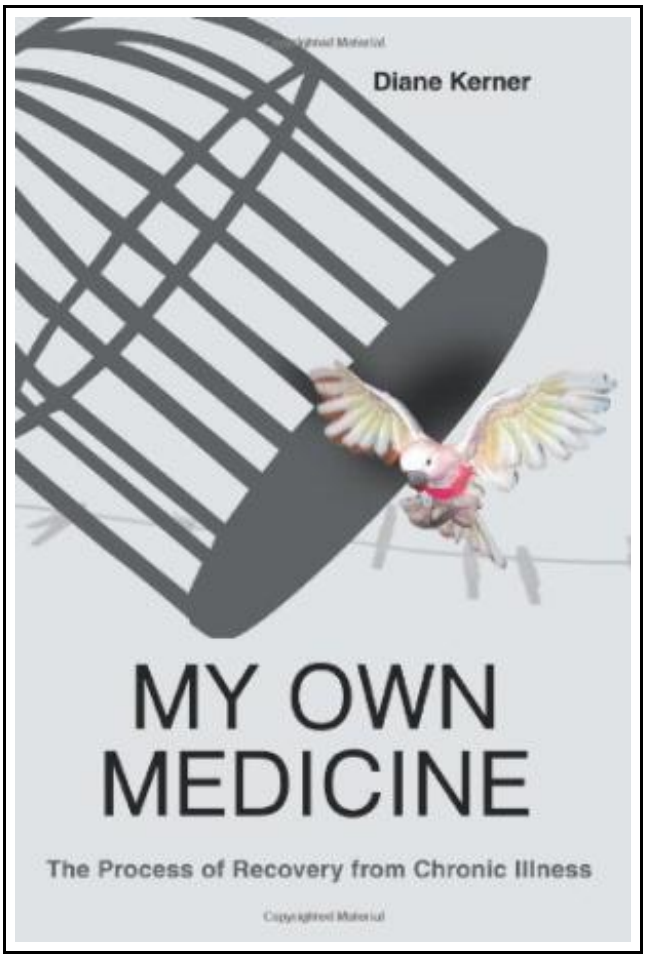
My Own Medicine The Process of Recovery from Chronic Illness



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MY OWN MEDICINE THE PROCESS OF RECOVERY FROM CHRONIC ILLNESS

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iUniverse, Inc. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 8.9in. x 6.0in. x 0.5in.People living with chronic illness face many unique challenges. Doctors can hand out pills and potions; can perform manual therapies such as massage, chiropractic or craniosacral work. It has become the norm to rely completely on the medical professionals-to wait passively for the pills to kick in so one can go about their normal business. While helpful, this alone may not work for the chronically ill. Often the quality of life remains low and people are challenged to feel happy and fulfilled. They need more. My Own Medicine is the story of one womans illness and her quest to discover how to stay intellectually, spiritually and emotionally alive and fulfilled in spite of a largely uncooperative body. As more people turn to self-education to compensate for the fifteen-minute medical visit, the simple strategies in this book become invaluable. They lead to deeper levels of healing through the discovery of ones own power to impact the experience of illness. Author Diane Kerner leads those feeling buried by the force of unwelcome sickness to recognize where there is choice and to see that by rearranging habits and expectations, one can learn to enjoy life again-even amidst the aches and pains. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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