

[PDF] Sick And Tired Of Feeling Sick And Tired: Living With Invisible Chronic Illness (New Edition)

Paul J. Donoghue, Mary E. Siegel - pdf download free book

Books Details:

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Author: Paul J. Donoghue, Mary E. Si

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Description:

From Library Journal Donoghue and Siegel direct their book to healthcare providers, families, and patients dealing with invisible chronic illness (ICI)--those conditions that are chronic and disabling but not readily apparent to the casual observer. In Part 1, the authors define ICI, including brief descriptions of 13 diseases that fit their criteria. They discuss in clinical, detached language the impact of ICI on the patient, family, friends, and employers. In Part 2, Donoghue and Siegel speak directly to the patient, offering coping mechanisms to enhance quality of life through positive thinking, effective communication, and pain management techniques. They also include reading lists

and "Illness Associations." While useful, their book suffers from the attempt to address too broad an audience. Recommended for larger collections only.

- *Janet M. Schneider, James A. Haley Veterans Hosp., Tampa, Fla.*

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Review An invaluable source of help and comfort to those who suffer from invisible chronic illness and to their caregivers and friends. -- *Katharina Dalton, M.D.*

How many times have you said to yourself, 'No one can understand how I feel unless they've experienced it themselves?' Because the authors of this book each have experienced an 'Invisible Chronic Illness' or ICI, they are able to express feelings that you have more than likely experienced but have not been able to put into words. This book validates your emotions and then helps you to express them in constructive ways. -- *Network*

One of the most helpful books about chronic illness that I ever run across....This book is captivating, informative, and sensitive. -- *Allergy Aware*

This self-help book by two Ph.D. psychologists (one of whom suffers from multiple sclerosis) is not new, just new to me, and what a discovery! It is a moving explication of what it means to live with an invisible chronic illness--ICI. If you have patients, acquaintances or if you yourself suffer from an ICI you can find valuable advice and guidance in this book. -- *Ostomy/Wound Management*

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