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Successful Living With Endometriosis



Synopsis

Successful Living with Endometriosis takes a positive, empowering approach to help women who suffer with endometriosis improve their emotional and social well-being. By emphasizing your positive potential, this action workbook provides simple, yet effective strategies to help you live well--in spite of this disease. Drawing on the experiences of a clinical psychologist who has helped thousands of individuals cope with chronic illness and a registered nurse who has lived with endometriosis since her pre-teen years, the result is a guide to health and living that is authoritative, yet reassuring and practical. Inside Successful Living with Endometriosis is a program designed to help you develop coping skills that let you take control of: * Your body * Your symptoms * Your thinking * Your emotions You'll find techniques that will help enhance your self-esteem; improve your relationships with your family, friends, colleagues, or health care professionals; and identify the positive aspects of endometriosis.

Book Information

Plastic Comb: 67 pages

Publisher: Balance Enterprises, Inc. (October 1, 2000)

ISBN-10: 1888614072

ISBN-13: 978-1888614077

Product Dimensions: 10.8 x 8.6 x 0.4 inches

Shipping Weight: 11.2 ounces

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Best Sellers Rank: #13,436,236 in Books (See Top 100 in Books) #80 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endometriosis #26936 in Books > Health, Fitness & Dieting > Women's Health

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