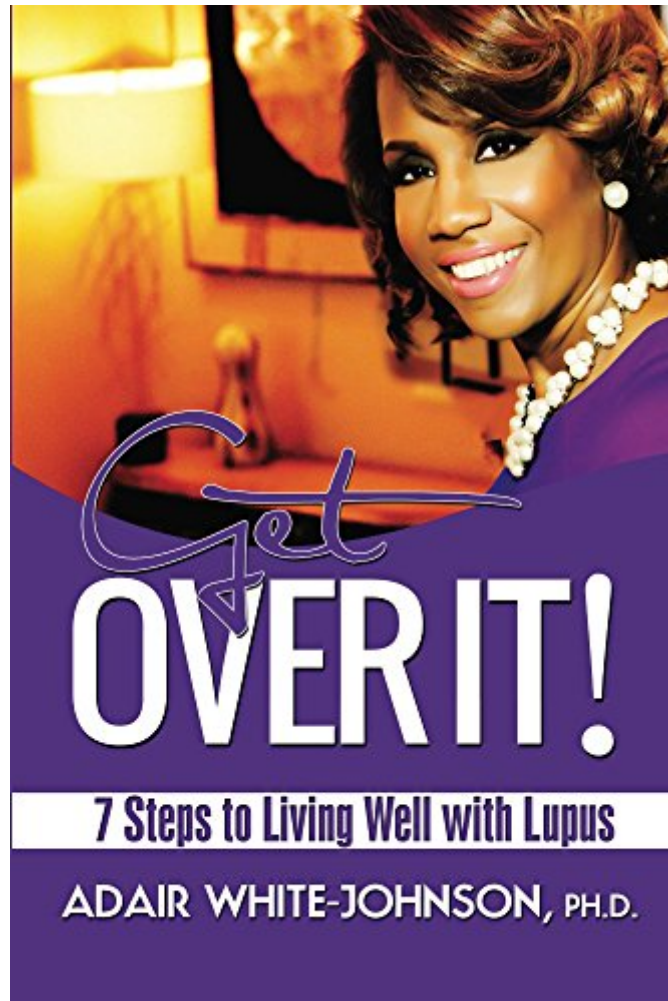


The book was found

Get Over It! 7 Steps To Living Well With Lupus



Synopsis

Dr. Adair has struggled with Lupus for more than a quarter of a century. She has battled the effects of this debilitating disease physically, emotionally, professionally and financially and shares stories of tragedy and triumph in this book. It is a motivational, inspirational and empowering presentation of stories, ideas and messages that are designed to cultivate and encourage positive changes for those who have been diagnosed or are affected by Lupus. She teaches her audience that although they may be "damaged" they are not "destroyed." And even when they are "bent" they are never "broken" because they own the power of change and to "bounce back" despite living with Lupus. She shows her readers how to use "Birth Control, Emancipation, Listening and Learning, Inner Integrity, Emotional Evolution, Victory and Ending" as methods to live well with Lupus. As the main tenets of her unique B.E.L.I.E.V.E. system these elements guides readers through a journey of hope, faith and unlimited possibilities. Captivating. Powerful. Informative. Inspiring. This book has it all! A must read!

Book Information

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> Immune Systems #490 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments >

Immune Systems

Customer Reviews

Dr. Adair White-Johnson candidly shares how to incorporate the wisdom that has enabled her to live

well while being challenged with LUPUS. Through her acronym B.E.L.I.E.V.E. she effectively presents the important keys to living well. Dr. Adair White-Johnson has used her resilient life story as foundational evidence for readers to use to "get over" a health challenge and live well!

Excellent. LOVE IT.

great book

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