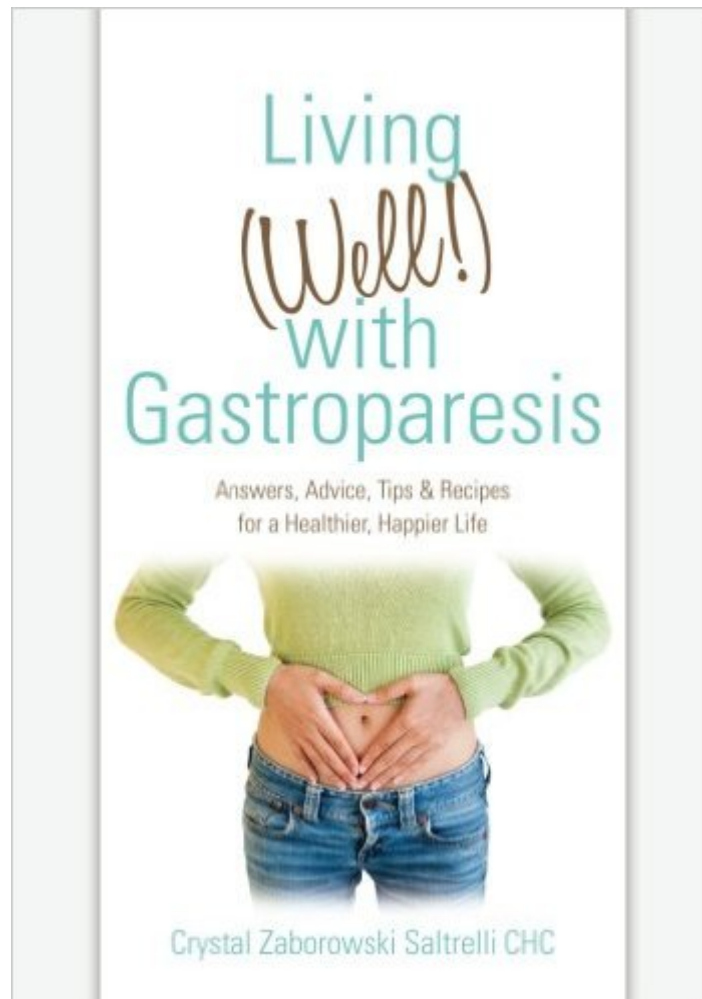


The book was found

# Living (Well!) With Gastroparesis: Answers, Advice, Tips & Recipes For A Healthier, Happier Life



## Synopsis

Written by an AADP-certified Health Coach and fellow "GPer," this guide was created to help you live (well!) with gastroparesis. Packed with easy-to-understand information and practical advice, you'll learn how to minimize your symptoms and maximize your quality of life. Topics include: - understanding gastroparesis - self advocacy - appropriate medical treatment - complementary therapies - dietary modifications - nutrition and supplementation - supportive lifestyle practices - stress management - coping skills Plus, tips and advice for socializing, travel, career, and relationships. The book concludes with 75 brand new GP-friendly recipes.

## Book Information

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Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (207 customer reviews)

Best Sellers Rank: #143,184 in Books (See Top 100 in Books) #109 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

## Customer Reviews

I'm assuming this is a 5 star book because no one else has bothered to deal with this issue at the personal level?I was excited to find this book because I thought that it would inspire me and help me deal with gastroparesis. However, after reading the book in one setting, I unfortunately found that it was not very inspiring. Here are some examples. For starters, she seemed to chide individuals for sticking with "safe foods only," (pg. 76) and the "Paint a Silver Lining" scenario described on page 130-131 seemed superficial, especially near the end where she "brags" about how "thick and shinny" her silver lining is currently within her life. On page 118 where she speaks about maintaining a job with gastroparesis, she appeared unsympathetic to those who "could not to work" because of severe symptoms. Here's what she states, "If, however, your symptoms prevent you from being able to work altogether, you may apply for Social Security Disability Insurance. Keep in mind that it's a lengthy process; you have to prove that you cannot work in any capacity, and compensation is quite small." Hummm . . . that's not very inspiring or overly convincing for one, such as myself, who

has flare-ups 3 to 5 days a week due to gastroparesis. It almost felt like she was saying, "You can get compensation, but really, it's not a very good option." The information presented was too narrowly focused, and some of her "answers" seemed a bit "cliche and trite," e.g., common sense knowledge that I believe most individuals could figure-out on their own. An example of this is on pages 100-101 where she discusses how to obtain better sleep. I've tried ALL these options, and they simply don't work. Furthermore, if you feel bloated, crampy, have a "knotted" stomach, have acid reflux, etc.

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