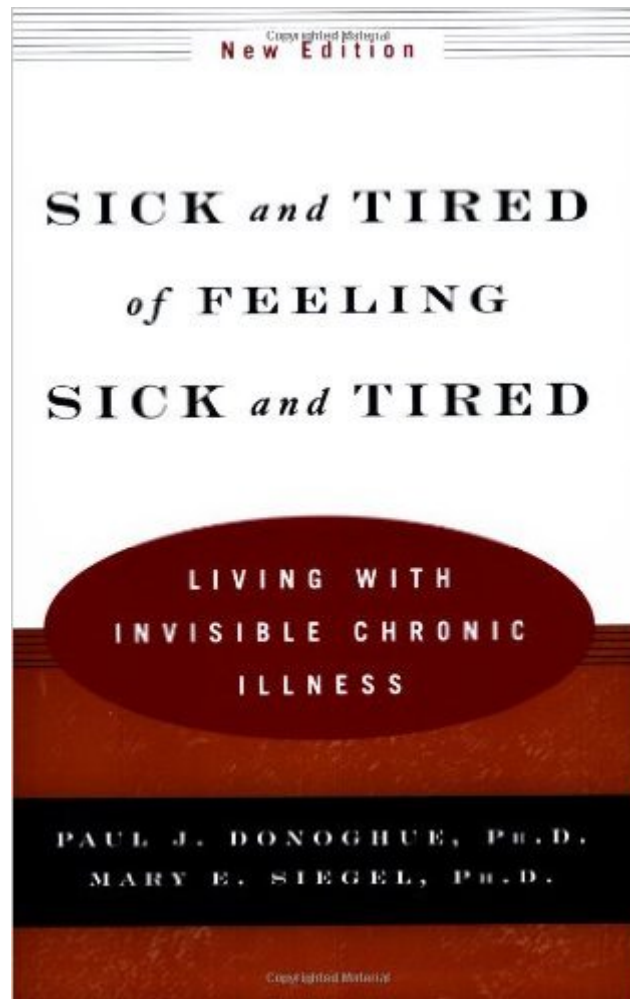


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# Sick And Tired Of Feeling Sick And Tired: Living With Invisible Chronic Illness (New Edition)



## Synopsis

Unlike a leg in a cast, invisible chronic illness (ICI) has no observable symptoms. Consequently, people who suffer from chronic fatigue, chronic pain, and many other miseries often endure not only the ailment but dismissive and negative reactions from others. Since its first publication, *Sick and Tired of Feeling Sick and Tired* has offered hope and coping strategies to thousands of people who suffer from ICI. Paul Donoghue and Mary Siegel teach their readers how to rethink how they themselves view their illness and how to communicate with loved ones and doctors in a way that meets their needs. The authors' understanding makes readers feel they have been heard for the first time. For this edition, the authors include a new introduction drawing on the experiences of the many people who have responded to the book and to their lectures and television appearances. They expand the definition of ICI to include other ailments such as depression, addiction, and obsessive-compulsive disorders. They bring the resource material, including Web sites, up to the present, and they offer fresh insights on four topics that often emerge: guilt, how ICI affects the family, meaningfulness, and defining acceptance.

## Book Information

Paperback: 304 pages

Publisher: W. W. Norton & Company; 1 edition (September 17, 2000)

Language: English

ISBN-10: 0393320650

ISBN-13: 978-0393320657

Product Dimensions: 5.6 x 0.8 x 8.3 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (57 customer reviews)

Best Sellers Rank: #557,320 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology](#) #148 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) #2599 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases](#)

## Customer Reviews

Unlike a lot of books with this theme, this one seems to do a good job of ferreting out the different ways that people deal with chronic illness. It is appropriate for most people with chronic illness, although it does focus on "invisible chronic illness". I was impressed that there were few places that made me want to roll my eyes and toss the book across the room. Usually books like this are filled

with cheesy advice, such as "take time out for yourself" and "a good bubble bath can do wonders for your psyche". This one is written on a more intelligent level and talks about the real issues and challenges that face people with chronic illness and their caregivers.

Excellent Guide to Emotional Health & Wellness I loved this book! Written by two psychologists who suffer from chronic illness, it offers hope and ways to cope. People with Crohn's, colitis, lupus, fibromyalgia, chronic fatigue, IBS, etc. will like this book because it's about invisible chronic illnesses in which the symptoms are not always externally apparent (like when your friend says, "You look just fine" but you're not). This can lead to lack of compassion, understanding, and strains relationships with family, friends, and coworkers. I especially like how the book helps focus awareness on illness and gives you ways to exercise greater control over it and over life in general. An extremely practical book, with techniques you will use in everyday life.

Hello, I have been diagnosed with several "invisible" chronic illnesses, meaning the symptoms are subjective for the most part and hard for others to "see" my pain and illness, therefore it is hard to get the support I need. This book totally understands my experience, it validates every thing that has happened since I was diagnosed, and it helps me get the support I need. It is also excellent to give to others who you want to understand what you're going through. After reading this book, it will be impossible for anyone to ever say again "but you LOOK good". I had an appt. with a doctor the other day and he saw the book in my hand and asked to look at it. He asked my opinion on it and said he had heard it was a great book. So I of course gushed on and on about it, how the authors truly understand the effects of ICI on our self-esteem, self-concept, the guilt and shame, the frustrations, the lack of support and the suspicion we are often confronted with because our symptoms are not visible (we don't have a wheel chair or a cane, or an easily recognizable condition). So he's going to buy it so he can understand what his patients are going through and be more helpful to them! Next I am passing this book onto my husband, might buy a few copies for relatives for Christmas and sending the link to the members of my chronic pain support group. Pass the word, this is the book that will finally change how the world responds to us.

First off, this book helped me deal with some of the emotions I've been experiencing after being diagnosed. It's especially good at talking about self-doubt. When I feel well, it's easy to forget how sick I was before and I start doubting that I could ever have been that ill... and I start feeling guilty about how little I did during a flare up. It isn't productive, and this book helps put that in

perspective. On the other hand, as a non Christian, I found the book grating at parts. It clearly is written for Christians, and the occasional interjections about God and scripture really grated on my nerves. If I had known the book would be like this, I would not have bought it. Nothing in the book's summary indicates this, and I believe it should. That being said, the book does not center around Christianity, there are just some parts of the book that only make sense if you assume their audience is Christian. I found that assumption a bit jarring, as will many non Christian readers.

I found this book extremely helpful, not only as a sufferer of CFS and fibromyalgia, but as a nurse caring for many patients with many chronic illnesses. Too often, I have heard doctors tell patients it was all in their head, or just go home and learn to live with it. Too often, I have felt I was just being lazy or crazy (the Z words) because standing in line and getting up in the morning required concentrated effort and will. All medical and health personnel should be required to read this book. It is written in easy, understandable language and so is appropriate for family of ICI patients and helpful for those suffering from chronic illness as well. Hopefully, some day research will give us clues as to why so many of these "syndromes" seem to be increasing in frequency. If you suffer from any chronic illness I salute you for your courage and strength. This book is for you.

I was reminded how wonderful this book was when I picked up a copy for a friend who has just been diagnosed with an invisible chronic illness. One day, you go to the doctor and your whole life changes--forever. That's what it's like to be diagnosed with an ICI (MS, Lupus, thyroid conditions, Lyme Disease, etc.), and it can be an awfully difficult experience. The authors of this book have tried to put together some coping skills and have identified common responses to having one of these conditions, based on their own medical situation (both have ICI conditions) and their professional expertise as psychologists. The real purpose of this book is to help people whose conditions are "invisible," and therefore ignored or underplayed in their daily lives and relationships. I would imagine that anyone who has an ICI has experienced at least once the "You're sick? You look all pink and healthy!" comment from a well-meaning friend. Actually, it's your medication, your lupus rash, or a chronic fever that gives you that oh-so-rosy glow. If this has ever happened to you or to a loved one, you will get a lot out of reading this book and realizing that you're not alone and that there are ways of coping with your condition.

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