

"I highly recommend this groundbreaking book."
—Kris Carr, *New York Times* bestselling author of
Crazy Sexy Diet

* Stop pushing so hard. * Set attainable, inspiring goals.
* Find a new way of thinking about your illness.
* Let go of the need to be perfect.
* Get support from others.
* Use research to empower—not frighten—yourself. * Ready a family support team.
* Make time for things you enjoy & don't judge yourself on bad ones. * Cultivate focus & flexibility.
* Find things you can be grateful for. **Danea Horn**

Chronic Resilience

10

Sanity-Saving Strategies
for Women Coping with
the Stress of Illness

Chronic Resilience: 10 Sanity-Saving Strategies for Women Coping with the Stress of Illness

Danea Horn

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Chronic Resilience: 10 Sanity-Saving Stratgies for Women Coping with the Stress of Illness Danea Horn

Chronic illness comes with stress, and *Chronic Resilience* provides a complete self-help blueprint for managing the difficulties chronic illness presents. Certified life coach and speaker Danea Horn, who suffers from chronic kidney disease, infertility, and other demanding health challenges due to a birth disorder, offers techniques and ways to rebound from the pressures of having a body that's doing things you wish you could control.

Chronic Resilience shows how to:

Stop pushing yourself so hard.

Use research to empower - not frighten - yourself.

Let yourself be pissed!

Train your troops in how to care for you.

Cultivate focus and flexibility.

Find things to be grateful for.

Focus on what you *can* do, not what you can't.

Each chapter also contains highlights of interviews with women dealing with chronic health issues ranging from cancer to organ transplant, Crohn's disease, rheumatoid arthritis (RA), MS, Cushing's disease, diabetes, and others.

Chronic Resilience: 10 Sanity-Saving Stratgies for Women Coping with the Stress of Illness Details

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From Reader Review Chronic Resilience: 10 Sanity-Saving Stratgies for Women Coping with the Stress of Illness for online ebook

Wendy Kennar says

An invaluable book! I feel fortunate to have discovered this book. It's a guide, really, that will help me live (and hopefully thrive) with a chronic medical condition.

Rachel says

For anyone coming to terms with a chronic illness this book is like the friend you need to push you in the right direction. Written in a warm, realistic tone the advice and stories of real women are invaluable.

Katherine says

Solid advice, interspersed with stories of women dealing with chronic illness. Journaling activities encourage the reader to engage with the material, but I chose not to.

Pamela says

Although the "ten tips" seem like common sense, they are presented in a way and with details that make this worth the read. I have RA and this book opened my eyes to how I am taking a back seat to my own care and things I can do to change that. I received this book as a Goodreads first read book. Thank you.

Sarah says

Although she doesn't address it, Horn's advice is applicable to those of us with chronic mental illness. Many of her strategies could improve anyone's life, regardless of their state of health. Others serve mainly to ease the burden of those living with chronic illness. Either way, her strategies can simplify your life. Some are challenging, but all are feasible.

Rivke says

This book is very helpful if you have been newly diagnosed with a chronic illness! The book offers not only support and understanding for your new situation but also guidelines and practical advice for helping you live with illness. I was able to immediately apply a lot of the advice in the book, such as: finding clarity about my values, setting small attainable goals and taking steps toward them daily/weekly, creating a health binder with all of your medical tests and info (very useful!), focus on gratitude on a daily basis, etc. This

book most definitely helped me to get through a rough time and big adjustment.

I gave the book four stars instead of five for two reasons:

1.) It is written for women. I can't help but wonder why. I think that with a few adjustments, this book could be accessible to both men and women. Why limit the audience?

2.) I don't know if the book is as useful for people who have lived with chronic illness for a longer time.

Much of the practical advice could/would be. I can only speak from my experience...and I can definitely say that it is very useful for you if you are also newly diagnosed. I'm not sure if it offers much new information for those with experience. I guess that varies from person to person. If you have more experience with chronic illness, it is still worth checking out the reviews and table of contents to see if you find the information and advice helpful.

Gerard says

Sometimes a book like this is needed for someone to comprehend what exactly is going on and how to cope with such.

Even though we all tell everybody else how to deal with things, we never quite "get it".

This book will help you through some of that.

I received the book for free through Goodreads Firstreads.

Lael Walters says

Picked this book up thinking it was a different focus than chronic illness-but it has good info even for those without illness. And written from perspective of someone who has had to cut away the 'fluff' and find what's most important to focus on
