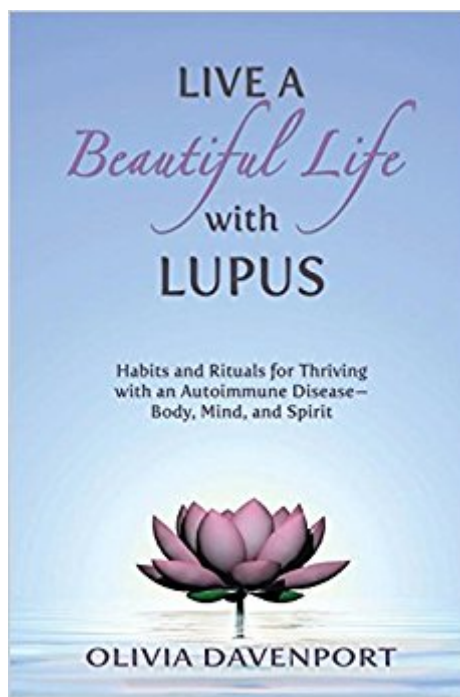




The book was found

Live A Beautiful Life With Lupus: Habits And Rituals For Thriving With An Autoimmune Disease--Body, Mind, And Spirit



Synopsis

Can you live a beautiful life while living with Lupus? Incurable and unpredictable, Systemic Lupus Erythematosus, or Lupus, is an autoimmune disease known for its difficulty to treat and its penchant for disrupting lives. A Lupus patient can be stable one day and suffering in the hospital from a full-blown “flare” of the disease the next. For the over 1.5 million Americans living with the disease, the toll it takes is enormous. Living a life filled with fear, uncertainty, and strong medications, finding peace in this all-too-often stormy life with Lupus can be daunting—even in the mildest of cases. But with the habits and rituals of the Live a Beautiful Life with Lupus framework, a path to a better quality of life is possible. Developed by Olivia Davenport, a Lupus patient herself, this book was borne out of years of debilitating episodes of illness and medical emergencies. In her desperation to find a way to truly live, she researched, queried, and conferred with her doctors and other practitioners to develop a systematic way to take care of herself holistically—body, mind, and spirit. Her approach is the reason she can say, “Yes, you can live a beautiful life with Lupus!” Live a Beautiful Life with Lupus book will teach you ways to: Soothe your Lupus body—with the goal of minimizing Lupus flares and unexpected medical episodes. Strengthen your Lupus mind—in order to manage the neuropsychiatric, mental, and emotional effects of the disease. Nurture your Lupus spirit—to find meaning, hope, comfort, and inner peace by reconnecting with the energizing life force that transcends the body and mind. Track your life with Lupus for yourself and your doctors holistically with the new Lupus Diary. Available as a fillable pdf or for printing and filling out on paper. Explore many resources available to Lupus patients, and more. Author, blogger, and former overachiever Olivia Davenport wants to spread the news that you can live a beautiful life with Lupus. After her Lupus diagnosis in 2012, she began a journey of research and self-discovery, to determine the habits and rituals to support her goal of not losing herself to the incurable disease. With her two blogs, LiveaBeautifulLifewithLupus.com and LupusDiary.com, Olivia finds joy in sharing what she’s learned with practical tools, actionable steps, and inspirational insights.

Book Information

Paperback: 122 pages

Publisher: Cabin Creek Publishing (October 18, 2015)

Language: English

ISBN-10: 0996749845

ISBN-13: 978-0996749848

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 6.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #841,420 in Books (See Top 100 in Books) #45 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases](#) #416 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems](#) #60886 in [Books > Self-Help](#)

Customer Reviews

Author, blogger, and former overachiever Olivia Davenport wants to spread the news that you can live a beautiful life with Lupus. After her Lupus diagnosis in 2012, she began a journey of research and self-discovery, to determine the habits and rituals to support her goal of not losing herself to the incurable disease. With her two blogs, [LiveaBeautifulLifewithLupus.com](#) and [LupusDiary.com](#), Olivia finds joy in sharing what she's learned with practical tools, actionable steps, and inspirational insights. Olivia lives in Reno, Nevada with her husband.

I highly recommend this book. A friend gave this book to me and I found myself wishing that I could have had it when I was diagnosed. So many emotions overwhelmed me, what is lupus? How badly will I be affected? What will my life be like now? Finally, and most frightening of all, how long will that life be? What I wanted was a short, informative volume that would let me "hit the ground running" as I learned to accept my diagnosis. What I found were books with hundreds of pages and lots of symptoms and terminology but not much of a human touch. This book provided a wealth of information in a small concise volume. For those of you who are just beginning your Lupus journey, there are myriads of books out there but few that educate, uplift and provide a plan of action like this one. Ms. Davenport's book concentrates on Systemic Lupus but much of her advice and coping strategies could be applied to anyone living with any autoimmune disease. *Live a Beautiful Life with Lupus* is divided into 3 sections: Part I, which defines the author's concept of living a beautiful life, Part 2 how Lupus affects your body, and Part 3, living a beautiful life with Lupus. So much of coping with life's vagaries depends upon one's attitude and Ms. Davenport's book is built around maintaining the best outlook possible regardless of what the disease throws at you. The last part of the book lists resources (both physical and spiritual, though the book is nondenominational) that will help the reader gather more information about how to live with your new reality. If you are

the friend/loved one of someone who has Lupus this is also an excellent book for you to read. It's short enough so that you won't lose interest and will help you help your "Lupie" as some people with Lupus refer to themselves, stay positive. If you never read another book on Lupus or if you go on to collect dozens, this book would be a valuable addition to your library that you'll find yourself consulting again and again.

As a family member of a person diagnosed with Lupus, this book has provided me with extremely useful insight on the challenges of, as well as the tools for, managing the illness. When starting the book my goal was to obtain some general tips that would help prepare me to discuss coping methods. Upon completing the book, I realized I had received a lovely gift that met this goal and so much more. Ms. Davenport's clear and unpretentious style of writing has increased my understanding of Lupus, and maybe more importantly, has opened my mind to the power of a positive attitude and approach. The structure and writing style make the book easy to understand and quite beautifully and simply lay out useful strategies that address all aspects of one's life. Additionally, the resources provided toward the end of the book are invaluable. If you are living with Lupus, have a loved one living with Lupus or simply want insight on how a positive attitude can make a significant difference in living with a chronic illness, I suggest you read this book!

[Download to continue reading...](#)

Live a Beautiful Life with Lupus: Habits and Rituals for Thriving with an Autoimmune Disease--Body, Mind, and Spirit Autoimmune Hepatitis: Learn to Cure Yourself, Your Doctor Never Will!

(Autoimmune Disease, Autoimmune Paleo Cookbook, Autoimmune Paleo, Autoimmune, autoimmune diet) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Anti Inflammatory Diet: Autoimmune Lunch Recipes: 35+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Anti-Inflammatory Diet, Cookbook Book 2) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Lupus Diary: Track Your Life with Lupus--Body, Mind, and Spirit Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom (Habits of Highly Effective People Book 1) The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease Autoimmune Paleo Cookbook & Action Plan:

A Practical Guide to Easing Your Autoimmune Disease Symptoms with Nourishing Food The Autoimmune Paleo Cookbook & Action Plan: A Practical Guide to Easing Your Autoimmune Disease Symptoms with Nourishing Food Declutter Your Mind Now - 22 Simple Habits To Declutter Your Mind & Live A Happier, Healthier And Stress-Free Life: How To Eliminate Worry, Anxiety & ... A Richer Life (Decluttering Secrets Book 1) The Lupus Recovery Diet: A Natural Approach to Autoimmune Disease That Really Works What Your Doctor May Not Tell You About(TM): Autoimmune Disorders: The Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS, IBD, Chronic ... Doctor May Not Tell You About...(Paperback)) The Lupus Recovery Diet: A Natural Approach to Autoimmune Disease by Harrington, Jill 2nd (second) Edition (1/1/2013) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Connective Tissue Diseases: Holistic Therapy Options--Sjogrens Syndrome; Systemic Sclerosis - Scleroderma; Systemic Lupus Erythematosus; Discoid Lupus Erythematosus; Secondary and Primary Raynauds phenomenon; Raynauds Disease; Polymyositis Dermatomyositis Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity and Achieve Success in Life (Healthy Living eBooks, Self Control and Discipline,) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.) Autoimmune Disease: Discover The Symptoms & Treatment of Chronic Pain & Genetic Disease (Psoriasis, Anti Inflammatory, Arthritis, Fibromyalgia, Multiple Sclerosis, Symptoms, Celiac) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)