



You Don't LOOK Sick!: Living Well with Invisible Chronic Illness

Joy H. Selak, Steven S. Overman

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"Coming to terms with this reality was a lot like accepting the death of a loved one."

You Don't LOOK Sick!: Living Well with Invisible Chronic Illness chronicles a patient's true-life accounts and her physician's compassionate commentary as they take a journey through the three stages of chronic illness—Getting Sick, Being Sick, and Living Well. This resource helps you focus on building a meaningful life that contains illness as opposed to a life of frustration and fear. Designed for patients in at all stages of the chronic illness journey, this book will also be illuminating for caregivers and loved ones.

From the book:

"I've learned that having a chronic illness is not a prison sentence. It does not mean I must spend the rest of my life feeling depressed and angry, locked away from the world inside my little sick box. It does not mean that I am useless and no longer have any gifts to share, but it may mean that I must develop some new ones."

You Don't LOOK Sick! addresses practical aspects of chronic illness, such as:

- hiring a doctor
- managing chronic pain
- coping with grief and the loss of function
- winning battles with health and disability insurers
- countering the social bias against the chronically ill
- recognizing the limitations of chronic illness care and charting a path for change

In You Don't LOOK Sick!: Living Well with Invisible Chronic Illness, you will find stories, dialogue, humor, examples, and analogy of the three stages to illustrate a challenging but navigable journey. You will also find suggested reading materials for learning to live well, medical Internet resources, illness-specific Web sites, names and addresses of national associations, and a bibliography of medical books by topic. The short chapters and straightforward language of the book will be helpful for readers who are weary and dispirited.

From the authors:

"I've learned that having a chronic illness is not a prison sentence. It does not mean I must spend the rest of my life feeling depressed and angry, locked away from the world inside my little sick box. It does not mean that I am useless and no longer have any gifts to share, but it may mean that I must develop some new ones."
—Joy H. Selak

"My goal is to work with patients so that, like world class athletes, they can perform at their peak capacity. My job is more than giving answers; I must educate, counsel and encourage patients to set goals and implement a personal care program as well as take appropriate medications."
—Dr. Steven Overman

The authors are experienced public speakers. If you wish to inquire about their availability to speak to patients or health care professionals, please contact Joy Selak by email at JoyWrites@austin.rr.com.

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From reader reviews:

Stephen Hilton:

Spent a free time and energy to be fun activity to complete! A lot of people spent their free time with their family, or their very own friends. Usually they carrying out activity like watching television, gonna beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could be reading a book could be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the guide untitled You Don't LOOK Sick!: Living Well with Invisible Chronic Illness can be excellent book to read. May be it may be best activity to you.

Guadalupe Marshall:

People live in this new time of lifestyle always try to and must have the spare time or they will get great deal of stress from both lifestyle and work. So , once we ask do people have extra time, we will say absolutely without a doubt. People is human not just a robot. Then we consult again, what kind of activity do you possess when the spare time coming to anyone of course your answer will probably unlimited right. Then do you try this one, reading publications. It can be your alternative throughout spending your spare time, the book you have read will be You Don't LOOK Sick!: Living Well with Invisible Chronic Illness.

Earl Wright:

You can spend your free time to see this book this publication. This You Don't LOOK Sick!: Living Well with Invisible Chronic Illness is simple to create you can read it in the recreation area, in the beach, train along with soon. If you did not include much space to bring the actual printed book, you can buy the actual e-book. It is make you simpler to read it. You can save typically the book in your smart phone. So there are a lot of benefits that you will get when one buys this book.

Angie Blakney:

That book can make you to feel relax. This particular book You Don't LOOK Sick!: Living Well with Invisible Chronic Illness was bright colored and of course has pictures on the website. As we know that book You Don't LOOK Sick!: Living Well with Invisible Chronic Illness has many kinds or style. Start from kids until teenagers. For example Naruto or Investigator Conan you can read and believe you are the character on there. Therefore not at all of book are usually make you bored, any it makes you feel happy, fun and loosen up. Try to choose the best book to suit your needs and try to like reading that.

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