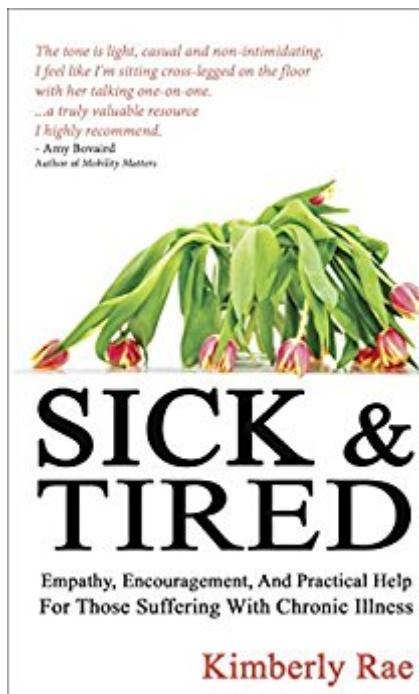


The book was found

Sick And Tired: Empathy, Encouragement, And Practical Help For Those Suffering From Chronic Health Problems (Sick & Tired Series Book 1)



Synopsis

Nearly one out of every two Americans has a chronic health issue, so it's safe to say you either have a health condition, or you care about someone who does. How do you live with the day-to-day struggle? Is it possible to have joy despite saying no to activities / food / opportunities / parties when you'd rather say yes? How do you explain your limitations to people who don't understand? In *Sick and Tired*, author Kimberly Rae takes you on a journey toward personal peace. With humor and transparency, she offers encouragement and practical tips for the daily struggles. Find out how God's truth will change your perspective, giving you strength beyond yourself and sight beyond your limitations. Come along and enjoy, knowing you are not alone ... and there is hope!

Book Information

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Customer Reviews

Great book, as is the entire series it comes from. If you are a chronic pain patient, or know someone who is, this is a book to have and to keep. Having led a chronic pain support group for many years, the questions at the end of the chapters are really good and very helpful for group discussions or

individually. I especially appreciate the inclusion of God and scripture when it comes to suffering with chronic illness and pain. It is also a nice size that you can slip into a bag, purse, or carry with you to have while waiting for appointments, etc. Check out the other books and workbooks by Kimberly Rae in the "Sick and Tired" series, you'll be glad you did!

I liked how she kept God in the story, but in a "light" way. There are times when we, with chronic illness, have trying times and I picked this up this book for my Fire on one of those days. It was a help to realize that I am not the only one going through issues and I enjoyed her style.

This very helpful book is written by someone who truly understands chronic pain and chronic illness. What I found amazing is that this reading this book is like taking a class about how to handle chronic sickness / pain. At the end of each chapter there is a checklist of things to do that really help manage pain. Personally I am over the moon with this book because I live with chronic pain....years ago I was in a very bad auto accident and my right shoulder was severely damaged. This book has helped me and given me encouragement. Highly recommend this book!

When I first looked at this book, I thought, okay, it's not too long, sounds intriguing, I think I'll take a stab at it. I found this book on the free list, which made it all the better as, I'm a cheapskate! (LOL!) Several minutes later, I'm reading. Chuckling. Snorting. The cartoons were spot on and I think her straightforward style was exactly the balance needed to bring home her points. Then, as I read further, I surprised myself by tearing up. Kimberly now felt just like a sister; someone you could sit and have a coffee with, getting sympathy and a gentle kick to avert the pity me syndrome. Thank you Kimberly Rae, I will be looking for more books from you! Do me a favor though; make 'em longer!

My survival book. I found hope between the pages. Thank-you so much to author for writing this. The short chapters help so much because I'm too sick to read more than a paragraph at a time.

Thank you for sharing!! Almost 2 years ago I was diagnosed with FMD (functional movement disorder) I left my work in April 2013 took sometime for peace went back to work 8 months later I'm a mess now not that I wasn't during the 8 months it just reared its ugly head the harder I work. I work with children with disabilities its amazing when your in the middle of helping a child and your dumb founded you can't answer a second grade question or remember what a verb is it boils down to I'm

at the stage of just try to figure out how I feel about this and what to do next but i can relate to you in some ways noise,crowds, tremors, movements I can't control, I've become a hermit but I'm trying to get out more garden trying to find where I belong and yes why people don't understand stinks. This book was truly inspiring thank you for sharing and giving some really good things to think about!

I really liked the way Kimberly dealt with her subject. She gave positive ways to self-help. A work - book outline to make one look at the illness they are dealing with clearly and this helps people know they have some power. People that are ill do tend to let their illness take over mind and body. Besides that she has a great writing style and a sense of humor. I admire her a lot. I love the little cartoons. In fact now that I am thinking about the book I am changing my 4 star rating to 5. I am recommending it to all my sick friends. At my age (76) all my friends are sick and most of them tired.

This is a fast read as a whole, although each chapter can stand alone as a worthwhile thought as the author supplies short reflection questions and exercises. Chronic illness is no laughing matter, but she laughs at herself as she describes her struggles. And that gentle approach made me open up to her honest descriptions of the daily challenges and questions with which she grapples. I am not chronically ill but I care for people who are, so I found it an empathy builder. I would recommend it for its intended audience, the chronically ill, and also for care givers.

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