



Living Well with Chronic Illness

Joanna Charnas

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Living Well with Chronic Illness is a self-help guide for anyone who has a chronic illness or who knows and cares about someone else who does. The 20 chapters concisely address a comprehensive range of issues including daily routines, relationships, medical and legal services, a joyful life, and much more. In our hectic, information-laden world where the Internet places billions of contradictory facts at our fingertips, the straightforward content of this book is an alternative resource for people who want to feel better and don't want to spend hours searching for answers. The tools inside, presented with compassion, humor, and a wealth of knowledge, are for those who want to apply and enjoy new health-promoting ideas immediately. Living Well with Chronic Illness evolved from the author's personal experience with chronic illness and 26 years as a Licensed Clinical Social Worker.

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