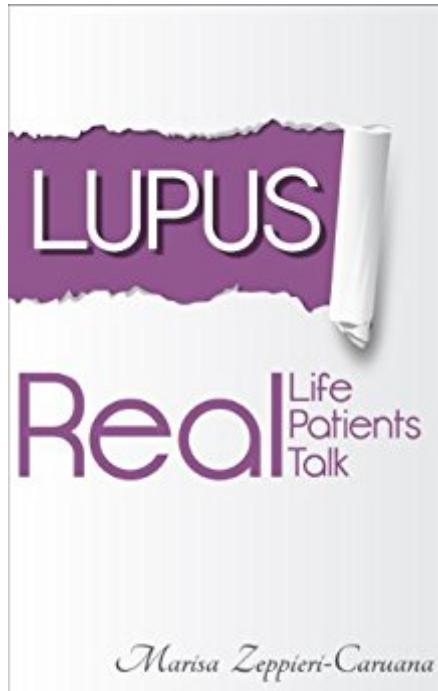


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# Lupus: Real Life, Real Patients, Real Talk



## **Synopsis**

Life was progressing as expected; getting sick was never part of their plan. However, in its own distinct and sudden way, Lupus showed up in the lives of the men and women profiled in this book. Although their ages, locations and stories are different, they all share one thing in common: they refuse to give up hope, despite Lupus. *Lupus: Real Life, Real Patients, Real Talk* is the first book of its kind in relation to the disease. Journalist, Lupus patient and Lupus Foundation of America Board Member, Marisa Zeppieri-Caruana, sets out to find men and women across the nation who will share the hurdles of daily life when battling a debilitating and cruel disease. What she discovers is a community not broken and hopeless, but one that is optimistic and refuses to give in. These patients have encountered many obstacles – kidney transplants, open-heart surgeries, coma, and dialysis – yet they continue to persevere. They share their darkest moments and their future dreams. In addition to telling their stories, they discuss tips on how to manage and deal with the disease – emotionally, spiritually and physically. This book provides tangible information and inspiration for every Lupus patient and their loved ones. It is also an essential tool for those who are newly diagnosed and trying to navigate the choppy waters of chronic illness and daily life. Featuring Amy Kelly-Yalden, CEO of the Lupus Foundation of America, Southeast Chapter, and Magdalena Cadet, MD, FACR, Director of Rheumatology at New York Presbyterian Healthcare System, this book is not to be missed.

## **Book Information**

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## **Customer Reviews**

I generally don't buy books that are about illness or disease but something about this particular book caught my attention and I decided to buy it. And I am SO happy that I did! "Lupus: Real Life, Real Patients, Real Talk" is truly inspiring, educational, and really puts things into perspective. You will laugh, you will cry, but more important you will learn the true meaning of perseverance and that there is no such thing as "I give up". The courage that these Lupus patients show really gives new meaning to the phrase "no excuses" and proves once again that while your body may be weak and your mind may want to give up, your spirit knows no bounds and will continue to guide you with love, strength, and compassion. I highly recommend this book to anyone who may have lupus, knows someone who does, or just wants to learn more about lupus. You will be inspired, educated, motivated, and uplifted. From beginning to end you will LOVE this book!

After reading a brief excerpt of this book I was immediately inspired by the amazing individuals who voluntarily poured their hearts out to tell their story about lupus. This book is both enlightening and encouraging to newly diagnosed lupus patients and to anyone who needs some "chicken soup" for their soul. It's the most positive uplifting book to give hope and live life and love life in spite of lupus.

This book is for anyone with or without lupus who wants to be inspired by truly remarkable people. It teaches you important life lessons and that everyone has a story. Through tears and laughter you will not want to put it down!

In my vocabulary there is no such phrase as "I can't," I thank Ms. Gwen for that. She taught me that there will always be obstacles in our way, but there is always a way. Try as we might we will pass these obstacles. I was eagerly awaiting this book. I was interviewed over a year ago and could not wait. I knew Marisa's point was to show that there is life outside of Drs offices and pharmacies. And there is even life outside of our beds. But the inspiration that I gained from reading the other stories from people who went through very similiar things amazed me. I rememeber Marisa saying there should be something to help new Lupus patients, NOW there is. I can only think how my dark

moments maybe wouldn't have been so dark knowing what I know now. And realizing that others feel the same as I do. It was wonderful for my family and spouse to read of others struggles in the support department and know the bright light is always somewhere even if the clouds hang around a while. I know for myself it was wonderful look at who I was as a person and who I had always dreamed I would be. Reading about others helped me realize that Lupus really doesn't hinder my ambitions all that much, just takes us all on an interesting detour. I would recommend this book for anyone who has a diagnosis of Lupus, any terminal disease, or chronic disease for that matter, because health changes us and this book shows true warriors and their fight to be who they want to be.

Perfect book if you're curious and want a closer look into the lives of people coping with Lupus. The best way to learn about a medical condition is from those who deal with it on a daily basis.

If you are looking for something more than a text-book definition of the disease this book is a must read! Lupus: Real life, Real patients, Real talk, provides an authentic look at the various thoughts and feelings anyone who has crossed paths with Lupus may encounter. Very insightful for individuals who are not patients but are also looking to become more informed on the illness. Most importantly, it provides access to discussions that may not occur at a doctors office or take place without attending a local support group.

I would love to be able to contact the author of this book! So far it is wonderful, and im only on chap 3!!! Im hoping that my husband will read it to better understand what is going on with me!! Would recommend this book to anyone that is newly diagnosed with LUPUS!

I'm so pleased to see this book. Thank you Marisa for gathering and sharing these profiles in courage which depict in such a heartfelt way how those suffering from chronic autoimmune disorders often possess unfathomable heart and courage despite the monumental challenges they face. Bravo for this as well as the terrific guidelines and advice you and your interviewees offer.

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