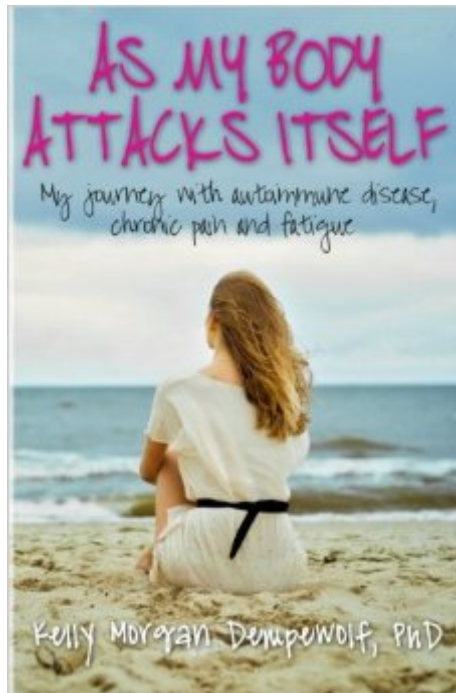


The book was found

As My Body Attacks Itself: My Journey With Autoimmune Disease, Chronic Pain & Fatigue



Synopsis

#1 Bestseller in Kindle > Immune Systems #3 Bestseller in Books > Immune Systems 50 million Americans suffer with an autoimmune disease and countless more deal with chronic pain, fatigue and illness. These diseases are often invisible yet they touch every part of a person's life and of the lives of the people they love. This book is an honest, raw look at the thoughts, concerns, fears and struggles as Kelly deal with Sjögren's Syndrome (the second most common autoimmune disease). The story isn't just about Sjögren's, or even just autoimmune disease. It's for everyone impacted by chronic disease of any kind. Kelly's hope is that patients will find solace and validation; friends and family will gain understanding and the abilities to empathize, communicate and support loved ones; and medical professionals will gain understanding and ability to empathize - impacting the way they interact with patients.

Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #445,773 in Books (See Top 100 in Books) #109 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) #190 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems](#) #2189 in [Books > Health, Fitness & Dieting > Women's Health](#)

Customer Reviews

Thank you Kelly for telling your story. Though I have suffered its symptoms for many years, I was just recently diagnosed with Sjogrens. It was good to know that I am not alone in my feelings regarding this disease. Your book put everything into perspective for me. I highly recommend this book too anyone that is suffering from an auto immune disease. You are not alone.

Enjoyable read, speaks to many of the "intangibles" of a chronic illness. I read it in one day, and have now asked my husband to read it. I think it will help him see some of the things I have difficulty

communicating, and a confirmation of some of the things I can.

This clearly explains the difficulties of finding a diagnosis for a disease that doctors are not that well versed with. It also helps one see the affects of friends and family who don't understand - and some who do. Sjogren's is something I have, too, and find extremely frustrating that few doctors really know about it or how to treat its symptoms.

While those living with chronic illness may not learn anything new from this book, they will certainly find themselves nodding their heads up and down in agreement as they read through Kelly's story. This isn't a story of how she conquered her illness, it's just a story of how she lives with it and much of what she has learned along the way. I found her story inspiring and it had definitely inspired me to reach out and take a closer look at my own health records.

I really enjoyed reading this book, it was a validation of sorts knowing that others feel the same way as I do dealing with this disease. This is a book for everyone to read whether you or a loved one is suffering from chronic illness or invisible disease, it helps explain some of the many things that are going on inside us as we come to terms with it. Kudos Kelly on a job well done!

It felt like it was written by a teenager. Nothing learned, a lot of whining, overly exclamatory and what's with all the parenthesis? Save your money, you will find more solid Sjogrens information for free on line.

This book shares some good facts about what people who have Sjogren's Syndrome experience during their quests to figure out just what is happening to their bodies. She shares from her own personal journey in a way that's easy to read.

Kelly, a photographer, paints a vivid portrait of what it is like to live with autoimmune conditions. Like her, it took time for my pain and fatigue to be understood in context of other symptoms, and like her, I received various diagnoses and treatments. But she writes about it so eloquently that other people can both identify with and understand her point of view.

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The Lupus Recovery Diet: A Natural Approach to Autoimmune Disease That Really Works
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