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# Successful Living With Endometriosis



## Synopsis

Successful Living with Endometriosis takes a positive, empowering approach to help women who suffer with endometriosis improve their emotional and social well-being. By emphasizing your positive potential, this action workbook provides simple, yet effective strategies to help you live well--in spite of this disease. Drawing on the experiences of a clinical psychologist who has helped thousands of individuals cope with chronic illness and a registered nurse who has lived with endometriosis since her pre-teen years, the result is a guide to health and living that is authoritative, yet reassuring and practical. Inside Successful Living with Endometriosis is a program designed to help you develop coping skills that let you take control of: \* Your body \* Your symptoms \* Your thinking \* Your emotions You'll find techniques that will help enhance your self-esteem; improve your relationships with your family, friends, colleagues, or health care professionals; and identify the positive aspects of endometriosis.

## Book Information

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