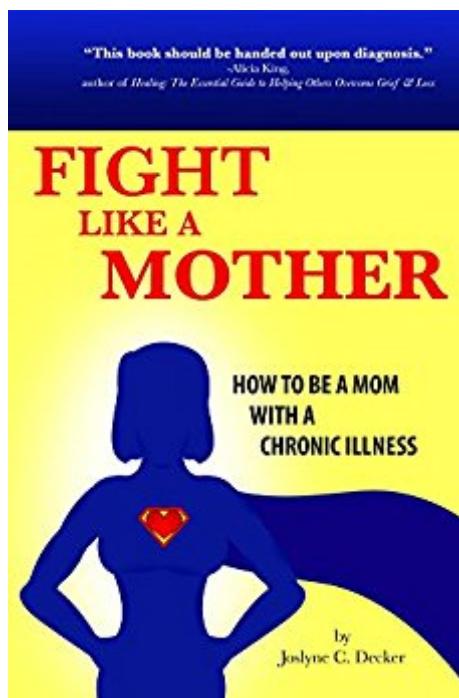


The book was found

Fight Like A Mother: How To Be A Mom With A Chronic Illness



Synopsis

FIGHT LIKE A MOTHER is a survival guide, offering personal stories, practical advice, tips, and resources on how to be a mom with a chronic illness. Full of the kind of candid advice you would expect from your BFF, this book gives parents with chronic illness hope, help, and a good laugh."I really wish I had this book 28 yrs. ago when I was first diagnosed with Lupus. I was just handed photo copies of all the things that could and probably would happen and then told to stay out of the sun. I had 3 small children and thought my life was over. FIGHT LIKE A MOTHER is full of practical, doable ideas and suggestions that will not only be useful to you but will also make you smile and laugh out loud. I believe every Dr. office that deals with chronically ill patients needs to have this book!"-Janet, mother of 3, grandmother of 3, Fighter of Lupus" FIGHT LIKE A MOTHER is at once funny, practical, helpful and hopeful. It fills the gap of information out there about the reality of experiencing chronic illness, and the ways to cope... and even have a good life. Anyone who has chronic illness or knows someone who has it will love this book. It is full of the right kind of information to help yourself and/or your loved ones."-Kate, mother of 2, Fighter of depression" While I know FIGHT LIKE A MOTHER specifically speaks to those Mom's with chronic illness, I think it resonates with anyone who has experienced times when life sucks and you can't do a damned thing about it other than put on that cape and get through it."-G., mother of 2

Book Information

File Size: 438 KB

Print Length: 155 pages

Publication Date: July 11, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00LQNWZ12

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #326,862 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #51

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Chronic Fatigue Syndrome #107 in Books > Health, Fitness & Dieting > Diseases & Physical

Customer Reviews

There are numerous books written about living, with rare, chronic, incurable illnesses. Most dwell on the "chronic and incurable" part which, while truthful, tend to bring the reader down into a sorrowful story of the writer's battle with an illness, then pull them out with the author's insightful self-awareness of hope and purpose despite his/her struggle. While I appreciate and can relate to such books, *Fight Like A Mother* is a refreshing change. It's not an "oh woe is me" Scarlett O'Hara type book. It's more of a "yeah this sucks, but it's my life, advice from your hilarious best-girlfriend" style book. Even if I didn't have kids I'd love this book. Between the hysterical personal stories and witty comments are practical tips and advice good for parents and singles alike. Living with a chronic, painful illness IS hard, but we still have to LIVE. Joslyne lets us peek into her personal struggles in a way that only lifts the reader up. I can take a break and sit down with her book and a cup of tea, chuckle, then put on my own style of superhero cape and get on with my day.

Omg I love this book! I have a chronic illness and two little ones to take care of also and it is challenging at the best of times. This book is hilarious and well-written, informative, and reminded me that I'm not alone in this struggle. I even lent it to my neighbor who is in a similar situation and she raved about it for days!! Highly recommend getting this book if you are a mom with a chronic illness.

This book was fantastic. Although my children are older now, I could relate to so much of this book. It is also the first book I have encountered that is devoted to the twin topics of parenting and fibromyalgia. Joslyne tells it like it is, and I value her for that. I hope she finds the energy to write more. This is one funny lady. Don't miss this book!

I purchased this book to learn more about ways to support a close friend diagnosed with a chronic illness. She is also a mother which makes "Fight Like a Mother" even more applicable. I found the authors tone to be warm, encouraging, funny and refreshingly honest. This is the first time after consulting many websites and other resources that I feel like I have concrete ways to support my friend and that I have a glimpse into what her days may be like as she struggles to balance her needs with those of her family. To my surprise, I also found that I learned even more about taking

care of myself even though I do not have a chronic illness. As the mother of two young girls, I have found as many of those before me warned, I put my own needs last. "Fight like a Mother" reminded me that I need to "put the oxygen mask on myself before assisting others" and reiterated the importance of self care. Moreover the author was so honest about her mistakes and personal shortcomings that I was able to be more honest with myself about what has worked, what hasn't, and what I truly need. I would argue that this book applies to anyone struggling with balancing self care with the care of others. I would love to read more from this author regarding her experiences as a parent.

I enjoyed this encouraging book. With my chronic health problems, I appreciated her humor and wit, which helped lighten my stress of dumbly thinking I should look and act like those who are not deeply fatigued and chronically challenged in terms of energy and planning in lots of ways AND to dismiss more quickly and confidently those who are so openly and verbally critical and suspicious of our limitations!

This humorous book helped me to understand my condition. It also helped my husband as I made him read it too.

This is a perfect book for mothers dealing with a chronic illness and the "guilt" of it. It's written well and with humor.

Just ok.

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