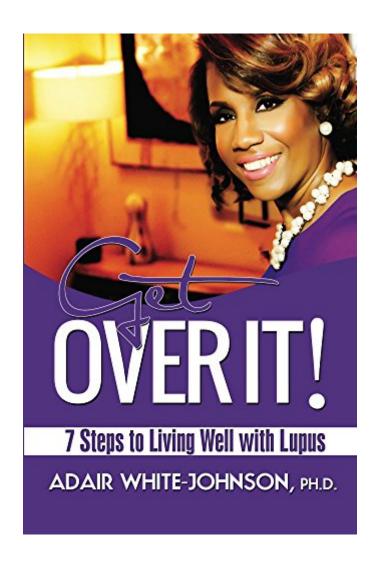
The book was found

Get Over It! 7 Steps To Living Well With Lupus





Synopsis

Dr. Adair has struggled with Lupus for more than a quarter of a century. She has battled the effects of this debilitating disease physically, emotionally, professionally and financially and shares stories of tragedy and triumph in this book. It is a motivational, inspirational and empowering presentation of stories, ideas and messages that are designed to cultivate and encourage positive changes for those who have been diagnosed or are affected by Lupus. She teaches her audience that although they may be â ædamagedâ • they are not â ædestroyed.â • And even when they are â æbentâ • they are never â æbrokenâ • because they own the power of change and to â æbounce backâ • despite living with Lupus. She shows her readers how to use â æBirth Control, Emancipation, Listening and Learning, Inner Integrity, Emotional Evolution, Victory and Endingâ • as methods to live well with Lupus. As the main tenets of her unique B.E.L.I.E.V.E. system these elements guides readers through a journey of hope, faith and unlimited possibilities.Captivating. Powerful. Informative. Inspiring. This book has it allâ |.A must read!

Book Information

File Size: 637 KB

Print Length: 113 pages

Publication Date: October 26, 2014

Sold by: A Digital Services LLC

Language: English

ASIN: B00OYJVVZQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #735,574 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #76 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #248 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems #490 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

Customer Reviews

Dr. Adair White-Johnson candidly shares how to incorporate the wisdom that has enabled her to live

well while being challenged with LUPUS. Through her acronym B.E.L.I.E.V.E. she effectively presents the important keys to living well. Dr. Adair White-Johnson has used her resilient life story as foundational evidence for readers to use to "get over" a health challenge and live well!

Excellent. LOVE IT.

great book

Download to continue reading...

Get Over It! 7 Steps to Living Well with Lupus The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) MAGIC WAND FOR SALE, a story about lupus: A book that helps you to explain your Children to understand LUPUS LUPUS: Systemic Lupus Erythematosus: Symptoms. Types. Causes. Diet. Diagnosis. Treatments. Research. The Lupus Answer - Holistic Lupus Diet & Treatment The Lupus Guide: An education on and coping with Lupus Connective Tissue Diseases: Holistic Therapy Options--Sjoegrens Syndrome; Systemic Sclerosis - Scleroderma; Systemic Lupus Erythematosus; Discoid Lupus Erythematosus; Secondary and Primary Raynauds phenomenon; Raynauds Disease; Polymyositis Dermatomyositis Getting Over A Breakup: 75 Easy Steps To Get Over A Breakup Healthy at Home: Get Well and Stay Well Without Prescriptions Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) Why You Get Sick and How You Get Well: The Healing Power of Feelings Befriending the Wolf: The Guide to Living and Thriving with Lupus Living With Lupus: The Complete Guide, 2nd Edition Living with Lupus: Women and Chronic Illness in Ecuador (Louann Atkins Temple Women & Culture) Living with Epilepsy (Living Well: Chronic Conditions) How to Make a Man Fall in Love with You: How to Seduce a Man. 6 Simple Steps to Make Him Beg for Your Attention (Dating Advice for Women - How to Get the ... Want You) (How to Get a Boyfriend Book 1) The Ultimate Book of Dad Jokes: 1,001+ Punny Jokes Your Pops Will Love Telling Over and Over and Over... Essays That Will Get You into Medical School (Essays That Will Get You Into...Series) [Second Edition] (Barron's Essays That Will Get You Into Medical School) How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2) Thanksgiving: How to Cook It Well: How to Cook It Well

Dmca