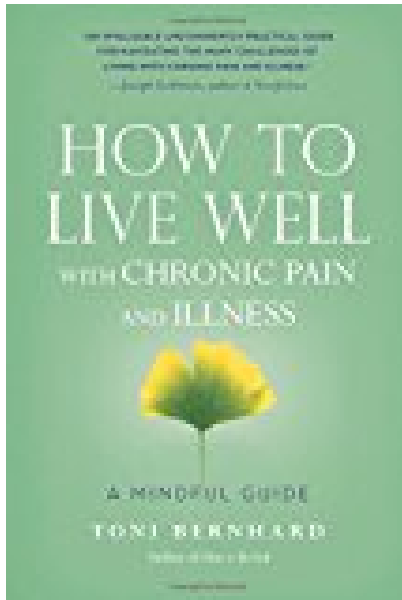


# How to Live Well with Chronic Pain and Illness A Mindful Guide

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## BOOK DETAILS

- Author : Toni Bernhard
- Pages : 352 Pages
- Publisher : Wisdom Publications
- Language : English
- ISBN : 1614292485

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## BOOK SYNOPSIS

Comfort, understanding, and advice for those who are suffering--and those who care for them. Chronic illness creates many challenges, from career crises and relationship issues to struggles with self-blame, personal identity, and isolation. Beloved author Toni Bernhard addresses these challenges and many more, using practical examples to illustrate how mindfulness, equanimity, and compassion can help readers make peace with a life turned upside down. In her characteristic conversational style, Bernhard shows how to cope and make the most of life despite the challenges of chronic illness. Benefit from:

- Mindfulness exercises to mitigate physical and emotional pain
- Concrete advice for negotiating the everyday hurdles of medical appointments, household chores, and social obligations
- Tools for navigating the strains illness can place on relationships

Several chapters are directed toward family and friends of the chronically ill, helping them to understand what their loved one is going through and how they can help. Humorous and empathetic, Bernhard shares her own struggles and setbacks with unflinching honesty, offering invaluable support in the search to find peace and well-being.

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