



The Chronic Illness Experience: Embracing the Imperfect Life

Cheri Register

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"An excellent book that demonstrates that it's our thoughts, not our body, that determine how much peace of mind we experience in life." ---Gerald G. Jampolsky, M.D.

Though seldom visible, chronic illness remains a constant presence in the consciousness of those who live with it. This inspiring book probes the psychological and emotional realities of living with chronic illness. Based on the author's experience with Caroli's disease and interviews with people who live with diseases such as multiple sclerosis, epilepsy, diabetes, and asthma, this book reveals how people faced with chronic illness can achieve meaningful lives. Tracing the impact of such illness on emotional health, self-image, relationships, work habits, and aspirations, this book also offers a penetrating look at the etiquette of chronic illness, stigmatization, the good patient, and parenthood with limitations. According to Cheri Register, the chronic illness experience tells us a great deal about the basic human need to give life meaning--and as her book eloquently demonstrates, happiness and fulfillment are not the exclusive preserves of the healthy.

Cheri Register received her B.A., M.A., and Ph.D. degrees from the University of Chicago. A writer and speaker, she lives in Minneapolis with her two daughters.

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