

# Successful Living with Endometriosis



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.

Endometriosis is a reproductive disease affecting approximately 176 million women and girls worldwide 8.5 million in North America alone. Buy Successful Living with Endometriosis by Robert H. Phillips, Glenda Motta (ISBN: 9781888614077) from Amazon's Book Store. Everyday low prices and free shipping. A complete guide to the side effects and treatments both conventional and alternative for endometriosis, from a respected name in the field who also suffers from endometriosis. Successful World Congress on Endometriosis therapies with a focus on improving the quality of life for women living with endometriosis. Have fun in life and have hobbies that you enjoy. Realize that you can live with endometriosis. There are some general guidelines for successful living with endometriosis. What's the best? Patients report on how endometriosis affects health, work, and daily life in normal, daily life activities and to be able to work or be successful at work. The main goal is to learn an Endometriosis Diet to put you on the right track dealing with endometriosis. of great feedback from the success of other sufferers who are getting on with their lives. Living with endometriosis and chronic pain, I have become the woman I once was. Opinion: What Australia can learn from Ireland's successful marriage. Successful Living with Endometriosis takes a positive, empowering approach to help women who suffer with endometriosis improve their emotional and social well-being. Successful Living with Endometriosis: An Action Workbook. Front Cover. Balance Enterprises, Incorporated. Balance Enterprises, Incorporated, 2001 - 67 pages. Seckin added, You can live with [endometriosis] it won't kill you, really, because it's a benign disease. However, it acts like a malignant disease. But an endometriosis diagnosis doesn't have to be a life sentence. Many women still live perfectly normal lives and have healthy, successful pregnancies. Endometriosis can affect anyone and celebrities are no exception. These 10 famous women are living with this painful condition.