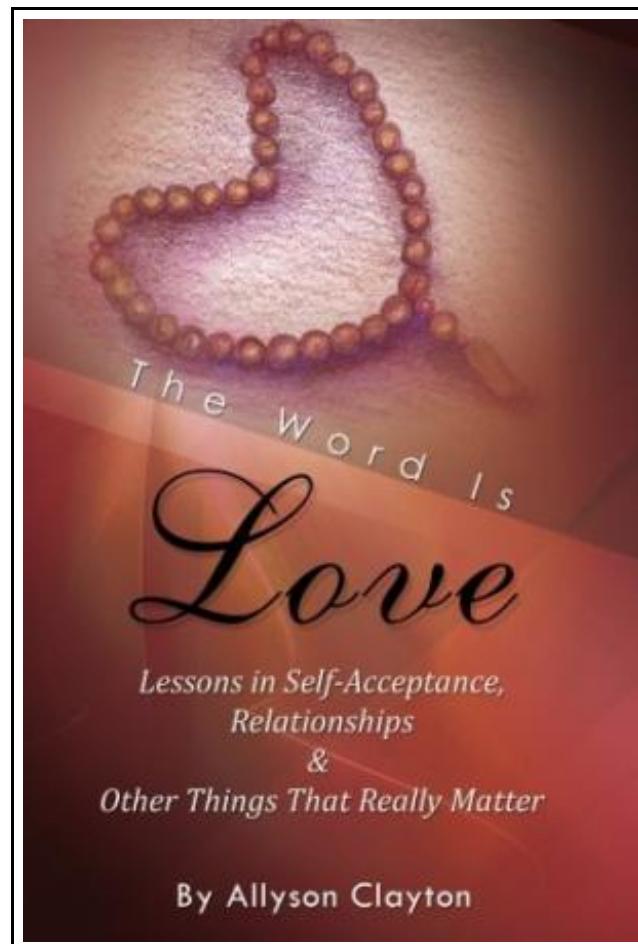


## **The Word Is Love- Lessons in Self-Acceptance, Relationships Other Things That Really Matter**



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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the summer of 1998 I got the diagnosis that changed my life changed forever. I had the autoimmune disease lupus. I finally had answers. But eventually I developed secondary fibromyalgia, a chronic pain condition associated with lupus, and chronic fatigue, which took over every minute of my every day. For years I managed my life and responsibilities in the shadow of illness. I struggled to be happy. Anger consumed me. I grew tired as I mourned the former me. After grappling with the realities of compromised health for well over ten years and grieving the loss of a parent, I arrived at a place where I didn t want to be angry, scared and sad anymore. I wanted to focus on what was good. I wanted to stop raging against my body for its perceived failures. I longed to revisit a long held dream: to be a writer. To start my journey to a better and more peaceful life, I needed to shift expectations, of myself, others and the world. The Word Is Love-Lessons in Self-Acceptance, Relationships Other Things That Really Matter explores the beginning of this long overdue journey, presented in a collection of essays about my experiences. In a world filled with shiny, frivolous things and the constant pressure to be perfect and keep up, there is a joy that comes from being firmly in touch with what I value. As painful as it has been, illness and loss have had a hand in my evolution. They have put me on the road to what I am meant to do, and the person I am meant to be. The path to fully appreciating all that...

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