

How to Survive and Thrive After Doctors Say You Have Five Years Left to Live



Lupus: How to Survive and Thrive After Doctors Say You Have Five Years Left To Live by Rick Saldan

★★★★☆ 4.4 out of 5

Language : English
File size : 11664 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 89 pages
Lending : Enabled
Screen Reader : Supported



When you are diagnosed with a terminal illness, it can feel like your world has been turned upside down. You may feel scared, angry, and confused. You may wonder how you are going to cope with your illness, and how you are going to make the most of the time you have left.

This book will show you how to live your best life, even if you have been diagnosed with a terminal illness. You will learn how to cope with the emotional and physical challenges of your illness, and how to make the most of the time you have left.

The book is divided into three parts. The first part covers the emotional challenges of a terminal illness. You will learn how to cope with the grief, anger, and fear that you may be feeling. You will also learn how to find support from your family, friends, and community.

The second part of the book covers the physical challenges of a terminal illness. You will learn how to manage your symptoms, and how to make the most of your time. You will also learn about the different treatment options that are available to you.

The third part of the book covers the spiritual and existential challenges of a terminal illness. You will learn how to find meaning and purpose in your life, even if you are facing death. You will also learn how to come to terms with your own mortality.

This book is a valuable resource for anyone who has been diagnosed with a terminal illness. It will help you to cope with the challenges of your illness,

and to make the most of the time you have left.

Here are some of the things you will learn in this book:

* How to cope with the emotional challenges of a terminal illness * How to manage the physical challenges of a terminal illness * How to find meaning and purpose in your life, even if you are facing death * How to come to terms with your own mortality

This book is a lifeline for anyone who has been diagnosed with a terminal illness. It will help you to navigate the challenges of your illness, and to live your best life.



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