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Nota di contenuto	Cover; Contents; Introduction; Section 1 Long-term illness and you; 1 What is long-term (chronic) illness?; 2 Long-term illness as a journey; 3 Gathering information and becoming an 'expert patient'; 4 Managing disease; 5 Managing illness; 6 Keeping going with a self-management programme; 7 Using complementary/alternative medicine (CAM); Section 2 Managing physical/biological problems; 8 Managing fatigue; 9 Managing pain; 10 Using activity and exercise; 11 Improving your sleep; 12 Managing bladder and/or bowel problems; 13 Looking after your general health; 14 Eating well and wisely Section 3 Managing emotional issues 15 Setting goals for yourself; 16 Dealing with problems; 17 Building pleasure into your life; 18 Living with uncertainty; 19 Managing your thinking; 20 Managing your self-esteem; 21 Managing your emotions; 22 Managing severe anxiety, panic or depression; 23 Getting psychological help; Section 4 Managing interpersonal problems; 24 Relationships and communication; 25 Caring and being cared for; 26 Improving your personal relationships; 27 Your relationship with your doctors; Section 5 Managing practical

problems; 28 Improving your quality of life
29 Getting practical and financial assistance
30 Thinking about the future; Summary; Appendix 1 The DISCERN instrument; Appendix 2 Further information; Appendix 3 Papers from medical journals; Index; A; B; C; D; E; F; G; H; I; L; M; N; P; Q; R; S; T; U; V; W

Sommario/riassunto

All long-term illnesses, whatever their diagnosis, have much in common. The difficulties and challenges that come with illness, and the strategies to overcome them, are shared by most patients. Managing an illness effectively and tackling the difficulties it causes can greatly improve how you feel and your quality of life. This book identifies the challenges posed by illness and suggests a wide variety of ways in which you might meet them. Key to this is the idea of becoming expert in managing your own illness and learning how best to deal with it. The authors accept that you know more than the
