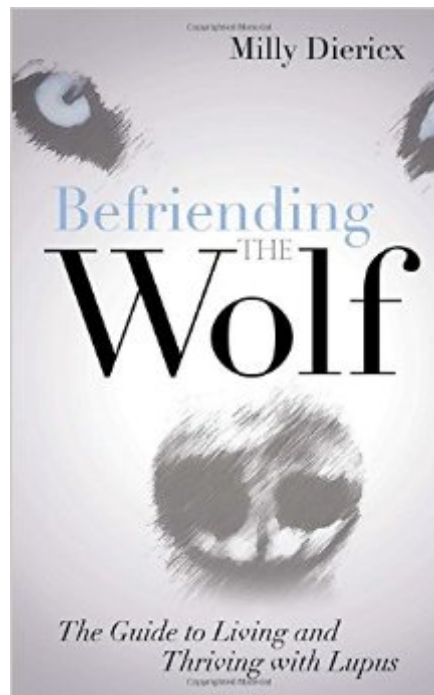


The book was found

Befriending The Wolf: The Guide To Living And Thriving With Lupus



Synopsis

Milly Diericx nearly died in a full-blown Lupus attack. But she not only survived – she learned to thrive. In these pages, she reveals the keys to her survival, how she reframed what was happening to her, and the practical ways to alleviate common physical symptoms and emotions related to this disease. *Befriending The Wolf: A Guide to Living and Thriving with Lupus* is a comprehensive guide to alternative methods of healing for this pervasive ailment. You will experience self-esteem, emotional wellbeing and proven, practical tips from the inside-out. Milly Diericx has dedicated her life to trying alternative healing modalities, speaking clearly and honestly about them and their efficacy. Milly reveals how the answer to the unique questions posed by having an autoimmune disease can be found in a three-tiered system, approaching our physical, mental-emotional and spiritual dimensions in order to bring greater healing to our whole beings. *Befriending The Wolf: A Guide to Living and Thriving with Lupus* brings together home remedies, tips, alternative techniques and healing methods designed to make autoimmune disease sufferers more comfortable, their symptoms easier to manage and alleviate, and their general outlook more positive and proactive by befriending the condition and learning to work with it, instead of against it. If you or anyone you know is suffering from Lupus or any other autoimmune disease and you're interested in getting back in the driver's seat, this is the guide for you.

Book Information

Paperback: 162 pages

Publisher: Morgan James Publishing (September 6, 2016)

Language: English

ISBN-10: 1630478741

ISBN-13: 978-1630478742

Product Dimensions: 5 x 0.4 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars – See all reviews (5 customer reviews)

Best Sellers Rank: #631,950 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #292 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems #921 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing

Customer Reviews

Her personal story and her determination to heal are inspiring. Not only to deal with Lupus but for

everyday life struggles. Many books just tell you to be happy and be positive but in this book the author takes you by the hand in a practical way and shows you HOW to do it, with specific and understandable techniques. It has also been an interesting journey to get to know me better. Thank you!! just bought three more books for my mother and sisters.

Great book, easy to understand, helps you learn about other ways to help yourself besides medicine, you have to help yourself and be willing to work with everything there is!! Thank you for sharing your story with us!!

Great book! Helps you heal and feel strong!

Great insights, practical and very well written. A must have for anyone with or "near someone" not only with Lupus but also applicable to other diseases. Well deserved 5 stars. Congrats

Crisis are opportunities to rise! Great lesson learned from Befriending the Wolf. An inspiring book.

[Download to continue reading...](#)

Befriending the Wolf: The Guide to Living and Thriving with Lupus
The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1)
Cleveland's Swimming Lessons for Baby Sharks: The Essential Guide to Thriving as a New Lawyer: The Essential Guide to Thriving as a New Lawyer (Career Guides)
Live a Beautiful Life with Lupus: Habits and Rituals for Thriving with an Autoimmune Disease--Body, Mind, and Spirit
The Lupus Guide: An education on and coping with Lupus
Connective Tissue Diseases: Holistic Therapy Options--Sjogrens Syndrome; Systemic Sclerosis - Scleroderma; Systemic Lupus Erythematosus; Discoid Lupus Erythematosus; Secondary and Primary Raynauds phenomenon; Raynauds Disease; Polymyositis Dermatomyositis
MAGIC WAND FOR SALE, a story about lupus: A book that helps you to explain your Children to understand LUPUS
LUPUS: Systemic Lupus Erythematosus: Symptoms. Types. Causes. Diet. Diagnosis. Treatments. Research.
The Lupus Answer - Holistic Lupus Diet & Treatment
Warrior Wolf: Wolf Shifter Paranormal Romance (Protection, Inc. Book 4)
Smoked Out: A David Wolf Thriller (David Wolf Mystery Thriller Series Book 6)
To the Bone: David Wolf Mystery (David Wolf Mystery Thriller Series Book 7)
Dire: A David Wolf Thriller (David Wolf Mystery Thriller Series Book 8)
Thriller: Lone Wolf - An Action Thriller Novel (A Noah Wolf Novel, Thriller, Action, Mystery Book 2)
Finding Finn: Wolf Shifter Mpreg Romance (Wolf's Mate Book 1)
Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining

Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) Living With Lupus: The Complete Guide, 2nd Edition Living with Lupus: Women and Chronic Illness in Ecuador (Louann Atkins Temple Women & Culture) Get Over It! 7 Steps to Living Well with Lupus Real Goods Solar Living Sourcebook: Your Complete Guide to Living beyond the Grid with Renewable Energy Technologies and Sustainable Living

[Dmca](#)