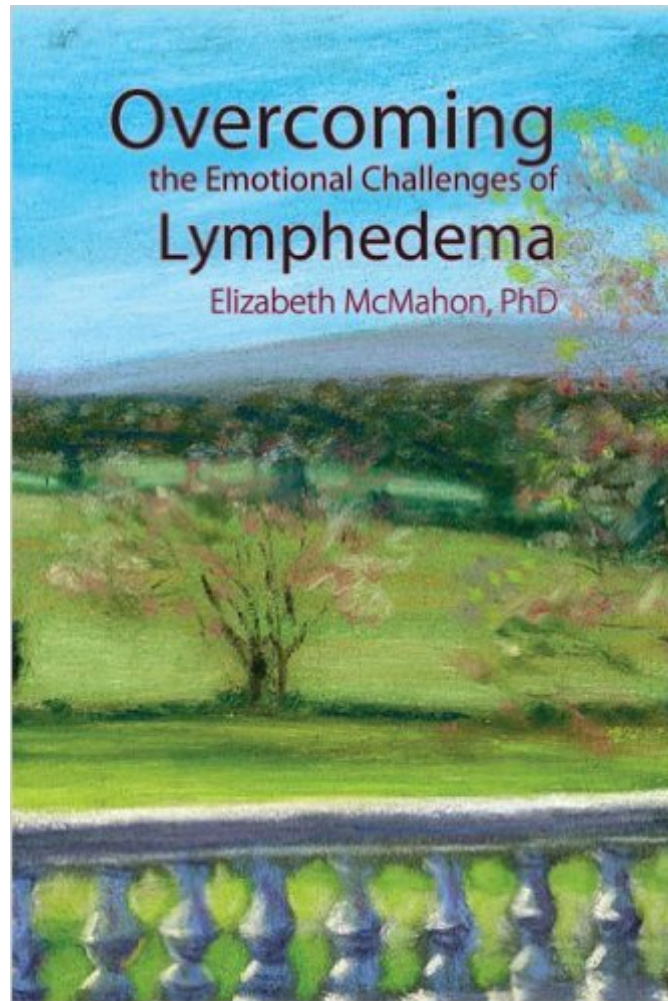


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# Overcoming The Emotional Challenges Of Lymphedema



## Synopsis

This book will help you: \* Understand the emotional challenges of lymphedema \* Overcome these challenges and avoid common pitfalls \* Recognize problems and know where to go for help \* Communicate effectively with family, friends, coworkers, and healthcare professionals \* Set and prioritize your goals \* Identify where you are in the process of changing \* Choose specific actions for reaching your goals \* Monitor your progress and maintain your gains \* Learn the ten signs of good coping and six warning signs of ineffective coping This comprehensive guide includes sections for people with lymphedema, friends and family, parents of children with lymphedema, healthcare professionals, and psychotherapists. Dr. McMahon is a clinical psychologist with Kaiser Permanente, coauthor of *Living Well With Lymphedema*, and on the editorial board of *LymphNotes.com*.

## Book Information

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## Customer Reviews

This book has everything, for the person who is just curious about lymphedema to the individual who want answers. With her intrinsically motivational style, Dr McMahon uses helpful checklists, graphs, and exercises in this engaging workbook. It is especially helpful for those people who are depressed or anxious.

Unique in its focus on the emotional aspects of lymphedema, this book was a lifesaver for me as a patient, since lymphedema can be an isolating disorder with minimal social support. This comprehensive guide is replete with worksheets and suggested coping mechanisms and

resources...a must for patients, caregivers, and health professionals. My own journey through two bouts of breast cancer and lymphedema is chronicled in *Mourning Has Broken*.

I read this book and highly recommend it to anyone with lymphedema. It is supportive, thorough, and practical.

This is a useful book that provides a lot of information not found on the internet. The advice is very practical, the information accurate and helpful, and the book is easy to read and understand. The author is very honest and neutral about the effects and trials of lymphedema. I must note that a patient should see a certified physical therapist for treatment, relying on the book alone is a bad idea. The training and reduction a therapist offers is invaluable. However, the book is a good supplement, allows for refreshing the memory, and is a good reference. It's also useful for close family members, like my husband, so they can understand what is wrong and the regimens required to treat lymphedema. The writing is easily accessible, even a little simplistic. Sometimes the optimism of the author was slightly annoying. That said, the optimism might help someone who is, understandably, feeling depressed or scared about their condition. I will be keeping the book on my shelf for periodic refreshers and I highly recommend it to people with lymphedema or their close family members. I think therapists should keep a stock of these on hand, so patients can simply buy them right then and there, at the first appointment.

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*The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1)*  
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