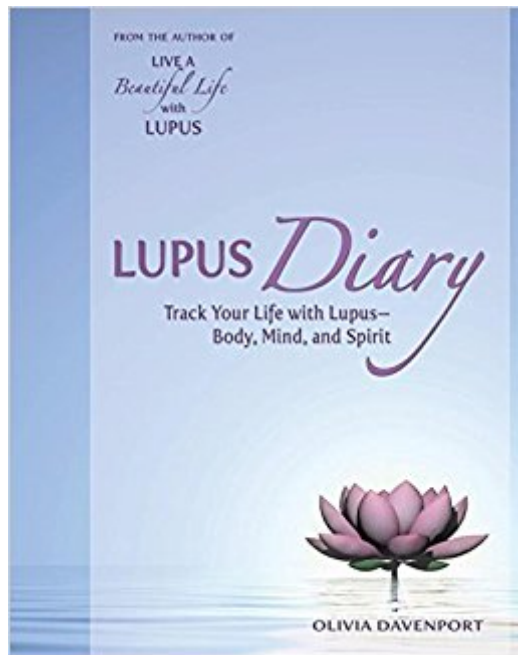




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# Lupus Diary: Track Your Life With Lupus--Body, Mind, And Spirit



## Synopsis

"Those of us living with Lupus need a way to express what it's really like to live with the unpredictable autoimmune disease." ~Author and Lupus Patient, Olivia Davenport Davenport wrote *Lupus Diary: Track Your Life with Lupus •Body, Mind, and Spirit* to provide a unique and trusted place for those living with Lupus to express themselves—tracking details of their physical symptoms, emotions, and spiritual connections and concerns. Based on the framework of habits and rituals presented in its companion book, *Live a Beautiful Life with Lupus* also by Olivia Davenport, *Lupus Diary* provides prompts and inspiring quotes that are designed to help them to:

- Monitor their health and gain a better awareness of life with Lupus, holistically—body, mind, and spirit.
- Capture their thoughts and insights about living with Lupus in a quick and easy format.
- Use their diary information to communicate better with their doctor about how they're feeling.
- Help family and friends understand the realities of their health.
- Become inspired to realize that they are more than this disease.
- And more....

## Book Information

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## Customer Reviews

I usually don't write reviews but I felt I needed to on this. Those of you who are living with Lupus or know somebody who is, you know the hell they go thru. (And that's putting it mildly.) My extremely athletic, martial art champion, over all healthy, 14 year old daughter was just diagnosed with (SLE) Lupus. Released from Children's Hospital after a 2 month stay in ICU just this past February 2017,

we came home doing everything we possibly could to educate ourselves. Unfortunately, as you all know, Lupus is temperamental & has a mind of its own. Everyday is different. On top of that, my daughter is going thru a wide variety of emotions that have been tough for her to understand or really discuss. I came across this online during one of many sleepless nights reading about anything regarding Lupus. I ordered it with no expectations. Wasn't even sure if she would pick it up. I'm so glad I did!!! My daughter has not only been able to keep track of things from day to day, (how she felt, what she ate, activities, sleeping patterns, medicine side effects etc) she's been able to have a private outlet that helps get all her personal thoughts & feelings out without worry. She has me ordering another one today. I suggested something else, thinking maybe it was just a journal she needed. But she absolutely insisted on this book. She said she loved everything about it & she wanted to continue improving the mental release it has given. She also likes how she can take it to refer back to during appointments when the doctor asks about things she can't remember. Before it was a rough "guesstimate." With this, she's able to give exact dates & details which helps the doctors better treat her diagnosis. Its been a tremendous help for her & I hope it can help you or your loved one on this long journey ahead. My thoughts & prayers go out to all of those families that are having to live with the negative effects lupus causes. Please stay strong & know you're never alone.

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Live a Beautiful Life with Lupus: Habits and Rituals for Thriving with an Autoimmune Disease--Body, Mind, and Spirit  
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