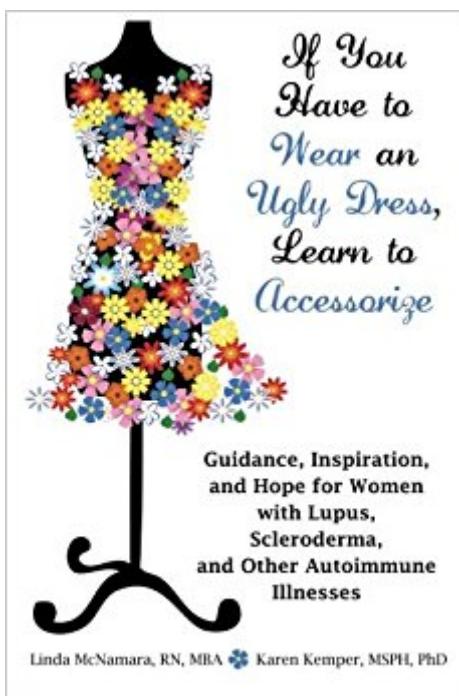


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# If You Have To Wear An Ugly Dress, Learn To Accessorize: Guidance, Inspiration, And Hope For Women With Lupus, Scleroderma, And Other Autoimmune Illnesses



## **Synopsis**

"Lupus and scleroderma are our shadows but they do not define us. We may have to wear the ugly dresses of chronic illness but we don't have to be the ugly dresses." -- Linda and Karen If you are experiencing a long-term illness or disability, this book is for you -- as well as your family and friends. The authors share a collection of deeply personal stories and poetry to describe their journey from illness to health, well-being, and fruitful living. Their creative life management strategies provide a road map to help you: overcome overwhelming feelings of loss, grief, anger, fear, and powerlessness; navigate a healthcare system filled with individuals who can be patronizing or dismissive; field well-intentioned but hurtful remarks such as, "But you look so good!" walk the tightrope between seeking and accepting help and fiercely guarding your independence. Chronic illness forces you to slow down and reexamine your values, your choices, and the way you define yourself. In *If You Have to Wear an Ugly Dress, Learn to Accessorize*, Linda McNamara and Karen Kemper offer companionship throughout the process, helping you face your challenges with dignity and grace.

## **Book Information**

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## **Customer Reviews**

Linda McNamara, RN, MBA: Linda is a registered nurse, healthcare consultant, and certified health coach with over forty years experience in health and wellness. She has been living with systemic lupus since 1996. Karen A. Kemper, PhD, MSPH: Karen is a health educator and university professor in health promotion and public health. She has certifications in health fitness and life

coaching and has worked in health and wellness for twenty-five years. She has been living with scleroderma since 1992.

Having recently been diagnosed with lupus and scleroderma my mind and emotions have been racing. This book has offered me hope and inspiration that I can live with my "Ugly Dress" and accessorize it to make me feel better!

I'm waiting for the results of my blood work but suspect that I have Lupus. I was diagnosed with Celiac a year and a half ago. Needless to say, I'm feeling really sad about making even more adjustments to my already altered lifestyle. Thanks for reminding me to use my "accessories". I suspect I will reread this book many times in the next year as I find my balance.

Karen and Linda have done a great job of sharing what it is like to live with an autoimmune disease and sharing specific strategies for finding happiness in life despite the illness. Thank you both for your honest.

What a fantastic, well-written book covering the personal experiences of two women dealing with Lupus and Scleroderma. I read the entire book from cover to cover within two days, as I found it to be very accurate and interesting. I would highly recommend this book to anyone wanting to learn about these two autoimmune diseases!

This book was spot on. I have cancer so it is more like a death disease than a chronic one, although many of the same issues Linda and Karen speak of hold true for me. I heard Linda speak at a woman's leadership conference in SC. That is why I got the book. I passed on to my daughter and she will return to me so I can reread. This is the first book in a long time that I have underlined passages and wrote in the margins. Thanks to Linda and Karen for their courage to write about their lives in such an uplifting manner despite their "cursed diseases". My sister has Lupus, but because she is mentally handicapped, she does not express herself very well. I have a better understanding of what she is feeling some days. When she is cranky it's probably her way of telling me that she is miserable. Thanks.

Having MCTD, (scleroderma, lupus and polymyositis together) and always looking for a good way to explain daily living, this was a wonderful surprise!! Thank you!!

Linda McNamara and Karen Kemper's book is an affirmation of lives embracing fully the powers of heart, mind and spirit in dealing with chronic illness, here auto-immune disease. The authors use their own life stories as learning and teaching tools, combining deep personal insights with professional knowledge. The reader is invited into a conversation between two distinct voices and personalities, each coming to trust her own personal advocacy, sharing their journeys of self-empowerment: wise and caring friends for anyone facing similar challenges.

My cousin by marriage was one of the authors. I know what she has been through and still going through with this awful thing she has. To know her you would not think anything was wrong with her. She always has a great smile on her face and she is a wonderful person to be around. I love you Linda !

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