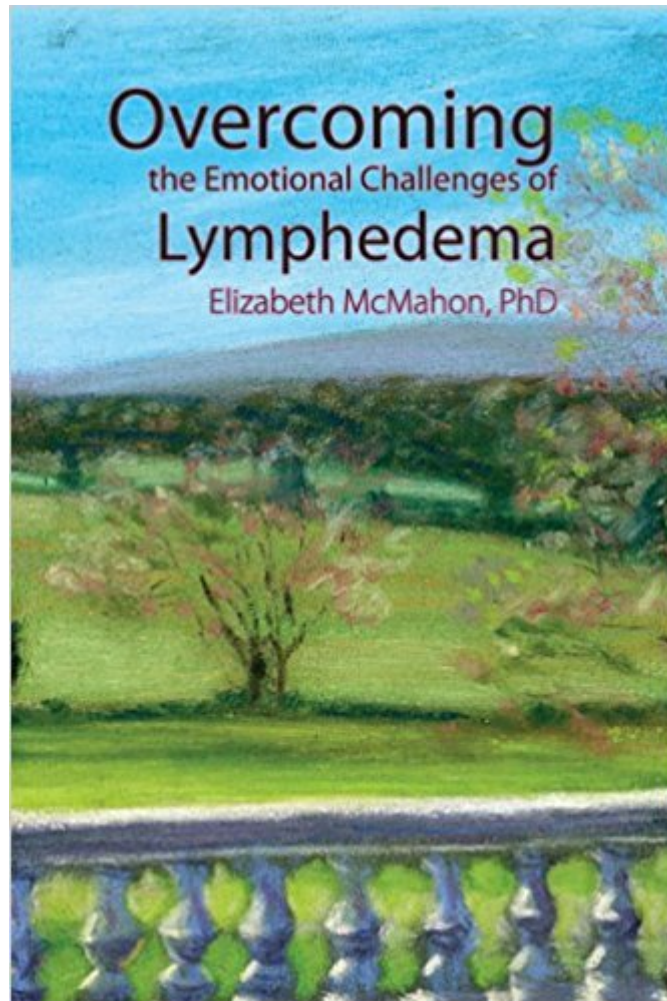


The book was found

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

Paperback: 476 pages

Publisher: Lymph Notes; 1 edition (December 12, 2005)

Language: English

ISBN-10: 0976480638

ISBN-13: 978-0976480631

Product Dimensions: 6 x 1.1 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars Â Â See all reviews Â (8 customer reviews)

Best Sellers Rank: #1,032,969 in Books (See Top 100 in Books) #18 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Lymphatic #8241 in Â Books > Medical Books > Psychology > General #13744 in Â Books > Textbooks > Social Sciences > Psychology

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.

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

Overcoming the Emotional Challenges of Lymphedema Lymphedema Management: An Essential Guide to Living with Lymphedema - Understanding the Cause, Recognizing Symptoms, Learning to Manage, and Identifying Treatment & Therapy Options Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) Professional Nursing: Concepts & Challenges (Professional Nursing; Concepts and Challenges) The Post-Adoption Blues: Overcoming the Unforeseen Challenges of Adoption Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) Overcoming Problem Gambling - A guide for problem and compulsive gamblers (Overcoming Common Problems) Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges How to enjoy dating & romance with herpes: Learn how to handle the emotional and practical challenges of

herpes with confidence (so you can get your love life back on track). (Guides Book 2) Living Well with Lymphedema Voices of Lymphedema: Stories, Advice, and Inspiration from Patients and Therapists Linfedema (Lymphedema): Una Guí-a de Prevenci3n y Sanaci3n Para Pacientes Con C3ncer De Mama (A Breast Cancer Patient's Guide to Prevention and Healing) (Spanish Edition) LYMPHEDEMA AND BREAST CANCER TREATMENT: Swelling Causes - Lymphoedema Exercises - Prevention Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements Lymphedema: Complete Medical and Surgical Management The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook) Emotional Intelligence: Master Your Emotions- Raise Your EQ, Critical Thinking and Optimize Your Life (Emotional Intelligence, Critical thinking, EQ) CODEPENDENCY: 12 Steps to Break Free From Manipulation & Emotional Abuse And Start Enjoying Healthy Relationships & Self Confidence (Enabling, Mind Control, Emotional Health & Happiness) Acupressure for Emotional Healing: A Self-Care Guide for Trauma, Stress, & Common Emotional Imbalances

[Dmca](#)