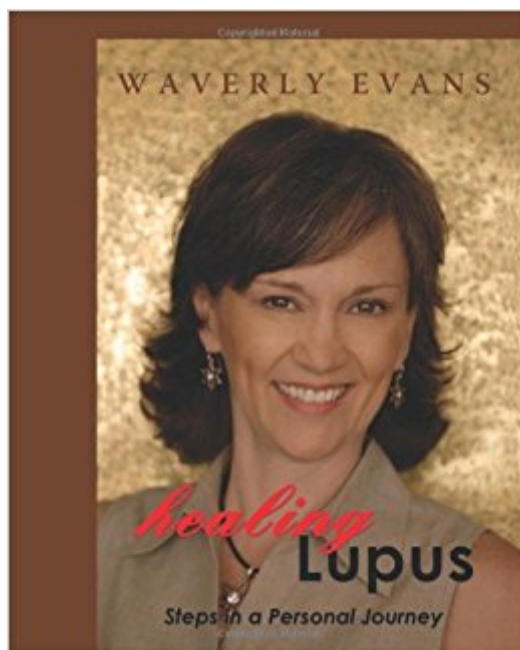


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# Healing Lupus: Steps In A Personal Journey



## Synopsis

Healing Lupus gives an enlightening and instructive account of the author's personal journey with lupus over a seven-year period, from diagnosis to healing. Ms. Evans shares her personal insights and gifts that led to her healing as well as the tools that helped her get there. She has been free from lupus since 1978.

## Book Information

Paperback: 234 pages

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Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (4 customer reviews)

Best Sellers Rank: #2,702,975 in Books (See Top 100 in Books) #64 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus #131 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #6054 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

Healing Lupus is riveting reading to me, as a health professional, because it provide an honest, first-hand look at a unique experience of recovery from lupus. The insights here could be applied to other chronic illnesses as well. This book is invaluable to the thousands of lupus sufferers who need the kind of testimonial that this book offers, a hopeful, even miraculous recovery from an illness that Western medicine treats with prescription medications. Those medications begin the journey, but there is a surprise here. The medications are left behind after years of struggle. The mystery of author's healing from a debilitating, sometimes fatal, illness is unraveled through the eyes and unique voice of someone who has walked the walk. The author used emotional release as the key to her physical recovery - this is no mystery to her, only to those of us who have not yet encountered such a story. We walk with her step by step as the journey unfolds.

My spouse and daughter have Scleroderma and Lupus. If you are not aware of these devastating, life altering and disabling diseases, you should learn about them. Living in constant pain,

depression, restricted mobility and humiliation takes its toll in addition to the health and wellness affects. Waverly's book I consider a masterpiece of strong will, determination, focus and an honest open minded approach to a higher quality of life. Her inspirational vision accepting her condition, evaluation her situation, developing a plan and implementing it with consistent dedication using and allowing only positive influences from medications, wellness and holistic treatments to beliefs and idealisms, reminds us all by the end of the book, there is no doubt we all can learn and benefit from her journey. This book has significantly increased my hope and desire for a better quality of life for my spouse and daughter, I will read it again and certainly recommend it to everyone. It's not just about Lupus. I found her book at [HealingLupusBook.com](http://HealingLupusBook.com).

When she says "Healing Lupus: Steps in a Personal Journey" she is giving you the beginning, the end and the subject matter, but the process is one that takes a book to understand. She actually had the idea to try to heal herself from this terrible disease and she did it, not overnight, but she did it. It takes determination, just a little bit, everyday to begin the process. If you can heal yourself from Lupus what more can you do? Her story is inspiring and tells me that if she can do it so can I. My story does not have Lupus but the disability is the same. To heal, just don't give up.

Still reading but so far I'm enjoying the book! It's differently a different perspective on healing lupus and finding a cure for it.

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