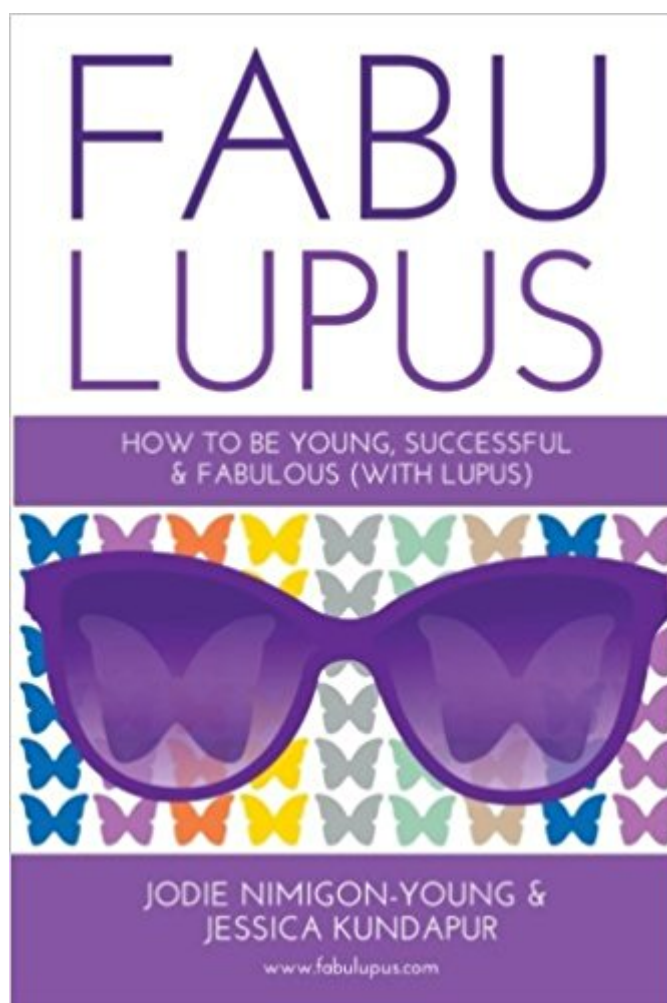


The book was found

Fabulupus: How To Be Young, Successful And Fabulous (with Lupus)



Synopsis

Can you be a young person with lupus and still be successful and fabulous? Yes! Fabulupus helps you navigate your complicated life as a youth with lupus and shows you how to live your life to the fullest. Authors Jodie and Jessica were diagnosed with lupus when they were 13 and 26 respectively. They know what youâ™re going through and they know the challenges that you may face. They also know that you can accomplish your goals and have an amazing life. Unlike other books about lupus, this book focuses on the life stuff and was written for young people with lupus by young people with lupus. Using their personal experiences, Jodie and Jessica provide the âœtips and tricksâ• that helped them to survive, succeed and be fabulous (with lupus). www.fabulupus.com

Book Information

Paperback: 184 pages

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Average Customer Review: 4.2 out of 5 stars 7 customer reviews

Best Sellers Rank: #1,165,593 in Books (See Top 100 in Books) #25 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus #70 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #527 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems

Customer Reviews

Meet the authors: Jodie Nimigon-Young has had lupus for nearly 20 years, and never once cried about her diagnosis because she knew there was meaning behind suffering. Jodie has completed her Masterâ™s degree and is a successful social worker and researcher in the fields of youth, chronic illness, and personal growth in Ottawa, Canada. Jessica Kundapur has been managing her lupus for 7 years and even though having lupus really impacted her life, she learned how to accomplish her goals and have a fun time doing it! She completed her Masterâ™s degree, works in biomedical research, and has lived fabulously while residing in Canada, the United States and the Netherlands.

An excellent and encouraging book - for anyone who is meeting the challenges of Lupus, as well as those who know someone facing these challenges. 'Fabulupus' is written in a conversational, friendly and caring style and is full of practical information and sound advice.

Wow! Thank you Jodie and Jessica for this amazing resource. Having been diagnosed recently, this was the perfect place to start in my journey to learn about the positive side of searching for ways to cope within myself. I definitely recommend this to anyone who needs some positivity in their journey, as well as loved ones (my boyfriend can't put it down!).

This is a great book that is super relatable to me as a young 20 something. I love it and refer to it often. 5 stars

Very comforting to read

Thanks

This is one of the best lupus books I've read(in my 30 years of lupus) . Very worthwhile information, very encouraging, realistic and well written. It made me enthusiastic to step up my self care. I wish I had had this when diagnosed, but even now it helps a lot! The authors wisely encourage education and discuss why. Excellent!

Another book giving excuses for not living a full life. With the right diet and exercise you CAN do everything.

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