

# [PDF] MS And Your Feelings: Handling The Ups And Downs Of Multiple Sclerosis

Allison Shadday LCSW, Stanley Cohan - pdf download free book

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#### Books Details:

Title: MS and Your Feelings: Handlin

Author: Allison Shadday LCSW, Stanle

Released: 2006-12-28

Language:

Pages: 240

ISBN: 089793489X

ISBN13: 978-0897934893

ASIN: 089793489X

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#### Description:

**Review** ...what Shadday offers is valuable, empowering advice for her fellow sufferers and their families on how to cope, understand, and overcome the adverse emotional and psychological impact of the disease. Included are effective strategies for dealing with fear and negative emotions, maintaining self-esteem, and prevailing over the disabling complications of MS. With its upbeat and

practical advice, this book will find an eager audience in consumer health and patient libraries; highly recommended. □ **Library Journal**

*...In her new book, Allison Shadday thoroughly addresses this most difficult of issues with compassion and insight...from coming to terms with the initial diagnosis to learning how to handle depression, fatigue, and cognitive problems as they occur, Shadday offers insight and information... MS and Your Feelings is an easy read and a great addition to any MS library. Readers will find this a helpful reference to consult again and again over time.* □ **Inside MS**

*As someone who has struggled with MS for almost 20 years, I have read many books about it. I believe this is the most comprehensive and helpful book to deal with the many emotions of MS. The exercises are especially useful for the individual, as well as their family."* &#8212; **Marie Schwab, English teacher, MS patient**

*Finally, a long overdue book on managing the emotional impact of MS! MS and Your Feelings addresses specific psychological challenges and provides in-depth questionnaires and practical strategies to help you understand and ultimately meet those challenges. Written by a woman who lives with MS and who has counseled hundreds of people with the disease, Allison Shadday explores denial and acceptance, guilt and depression, psychological numbing, loneliness, and much more. With personal insights and experiences from men and women living with MS scattered throughout, readers will undoubtedly recognize themselves and their emotional challenges, and consequently, feel validated and less alone."* —**Christine Ratliff, Editor, MSFocus, The Multiple Sclerosis Foundation**

*One of the greatest hurdles in dealing with an unpredictable disease like MS is to learn how to overcome the psychological burden of not knowing what the next day will bring. Allison Shadday helps readers realize whether you have MS or not life is unpredictable so we must all learn to be happy and content with what we have today. MS and Your Feelings helps readers bridge the distance they feel with the outside world and gives the hope of living a fulfilling happy life. &#8212;* **Andrew Larson, M.D. and Ivy Ingram Larson, authors of The Gold Coast Cure and Fitter, Firmer, Faster**

*In MS and Your Feelings Allison Shadday gives us tools that can change our perception of MS and of ourselves as MS patients. The simple exercises she recommends can empower us to amend the way we respond to the presence of MS in our lives. Allison's words might ultimately enable us to view MS as an ally in our journey toward self fulfillment rather than as an enemy to be fought every step of the way. Allison has done a great job and a great service to MSers. &#8212;* **Judith Lynn Nichols, Author of Women Living with MS and Women Living Beyond MS**

**About the Author** Allison Shadday, LCSW - Allison Shadday is a medical clinical social worker with 14 years of experience counseling chronically ill patients and their families. She was diagnosed with multiple sclerosis in 1996.

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