



# Lupus: 365 Tips for Living Well

*Jessica, LMSW Rowshandel*

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## EXPERT ADVICE AND STRATEGIES TO IMPROVE YOUR QUALITY OF LIFE WITH LUPUS.

Filled with practical tips and support, *Lupus: 365 Tips for Living Well* offers reliable, easy to implement ways to face challenges and live your life to the fullest with lupus. This empowering guide is packed with information to help you:

- Get the medical care you need
- Learn about alternative and complementary therapies
- Manage lupus fog
- Reduce stress, fatigue, and flares
- Maintain healthy relationships with partners, friends, family, and children
- Deal with work-related issues, employers, and co-workers

And much more.

*“Long-overdue, Lupus: 365 Tips for Living Well is a comprehensive, yet easy to understand essential guide for individuals with lupus, their loved ones and anyone going through a possible diagnosis. By educating and empowering people to become actively engaged in their treatment and encouraging participation in the lupus community through advocacy and research, Jessica Rowshandel delivers a valuable resource at a time when the patient voice is more relevant than ever.”*

—KATHLEEN A. ARNTSEN, President and CEO of Lupus and Allied Diseases Association, lupus patient, and national autoimmune advocate

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#### **Amy McCarter:**

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