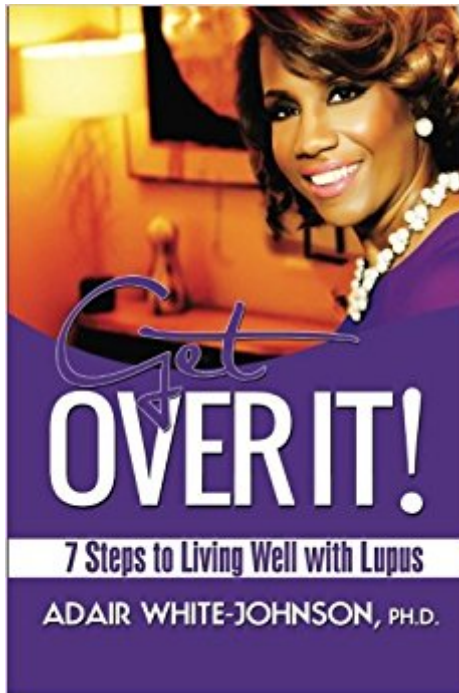




The book was found

Get Over It! 7 Steps To Living Well With Lupus



Synopsis

Dr. Adair has struggled with Lupus for more than a quarter of a century. She has battled the effects of this debilitating disease physically, emotionally, professionally and financially and shares stories of tragedy and triumph in this book. It is a motivational, inspirational and empowering presentation of stories, ideas and messages that are designed to cultivate and encourage positive changes for those who have been diagnosed or are affected by Lupus. She teaches her audience that although they may be "damaged" they are not "destroyed." And even when they are "bent" they are never "broken" because they own the power of change and to "bounce back" despite living with Lupus. She shows her readers how to use "Birth Control, Emancipation, Listening and Learning, Inner Integrity, Emotional Evolution, Victory and Ending" as methods to live well with Lupus. As the main tenets of her unique B.E.L.I.E.V.E. system these elements guides readers through a journey of hope, faith and unlimited possibilities. Captivating. Powerful. Informative. Inspiring. This book has it all. A must read!

Book Information

Paperback: 112 pages

Publisher: Johnson Tribe Publishing; 1 edition (October 7, 2014)

Language: English

ISBN-10: 0989673359

ISBN-13: 978-0989673358

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #1,670,632 in Books (See Top 100 in Books) #99 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #709 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems #16142 in Books > Self-Help > Motivational

Customer Reviews

Empowerologist, Resiliency Expert, Author and Speaker, Dr. Adair f. White-johnson is a leading authority on motivating, inspiring and empowering individuals to move towards positive change, become resilient and to bounce back after hitting rock bottom. Dr. White-johnson decided to retire from her position as a Professional School Counselor after 26 years so she could "follow her

next dream. She then created The Empowerment House where she coaches teens and women through life changes. She teaches them how to operate and thrive in spite of their circumstances and shares techniques that help them empower themselves to “push through the pain” in their lives. As the creator of The Resiliency Formula that include the GO HARD and BELIEVE systems she imparts strategies that focus on overcoming odds, controlling anger, creating healthy balances, forgiving techniques, building dreams and reaching destiny points. A State University of New York at Buffalo graduate who earned a Ph.D., a Certificate of Advanced Studies and a Master’s degree, Dr. White-johnson has provided motivational, creative and unique coaching services for over twenty years. She also created an empowerment and resiliency curriculum for teens. This program is aligned with the current National Common Core Standards as well as the American School Counselor Association National Model. This curriculum recently won the Georgia School Counselor Association State Writer Award for excellence. This is the highest honor for writing given by the organization. As a former Professional School Counselor of the Year and Writer of the Year recipient Dr. White-johnson has also been featured in POSE magazine, several national and international radio shows and is the recipient of several academic and civic awards. As the author of “How to Get Over It! in 30 Days,” “Get Over It! How to Bounce Back After Hitting Rock Bottom” and “Get Over It! How to Bounce Back After Hitting Rock Bottom for Teens,” Dr. White-johnson focuses on teaching others how become empowered, resilient and ready to positively move forward in their lives. She will release 2 new books this fall that will continue to focus on teaching women and teens how to “push through the pain” and how to “turn their storms into stories.”

Dr. Adair White-Johnson candidly shares how to incorporate the wisdom that has enabled her to live well while being challenged with LUPUS. Through her acronym B.E.L.I.E.V.E. she effectively presents the important keys to living well. Dr. Adair White-Johnson has used her resilient life story as foundational evidence for readers to use to "get over" a health challenge and live well!

I'm not crazy!!!!Explains the things doctors don't or won't

great book

Excellent. LOVE IT.

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