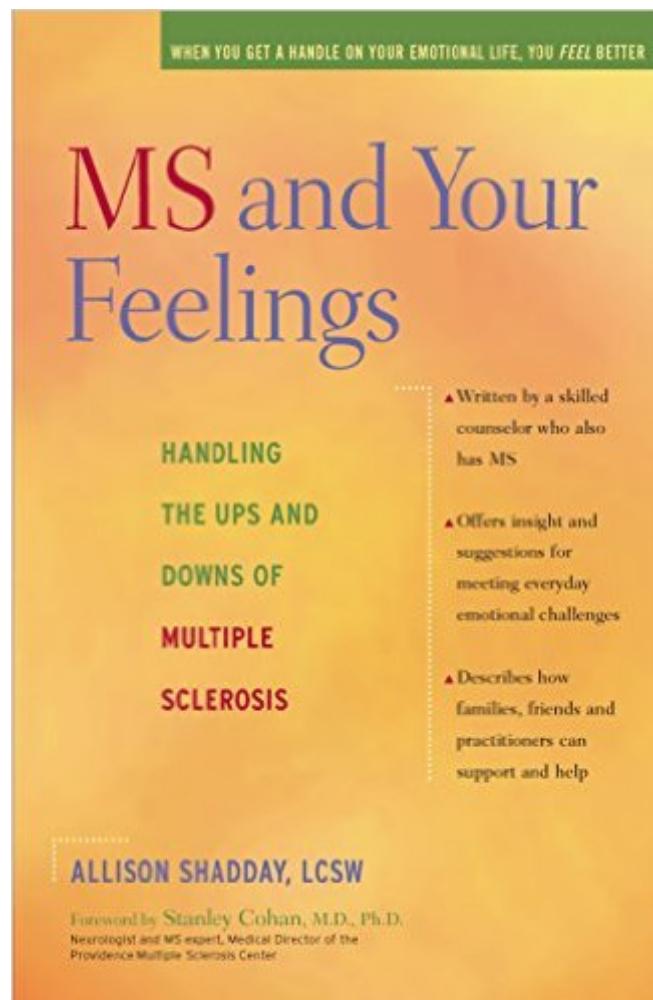


The book was found

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



## Synopsis

MS and Your Feelings is the first book to specifically address the emotional pain caused by the unpredictable, disabling chronic inflammatory condition multiple sclerosis. Psychotherapist and MS patient Allison Shadday offers readers effective strategies for dealing with the psychological trauma of this disease. Shadday shares real-life MS success stories and gives insightful professional advice derived from years of counseling hundreds of chronically ill patients. Her book offers readers hope, inspiration and validation, teaching them how to come to terms with an MS diagnosis; strategies for identifying and managing stress triggers; ways to cope with fear, guilt, anger, loss, depression, and isolation; steps to enhance intimacy and develop a greater sense of emotional security; and more. Patient success stories illustrate the techniques described. Renowned neurologist and MS expert Dr. Stanley Cohan contributes discussions of the importance of treating MS's emotional symptoms, the latest medical thinking, and the promising future of drug research for this challenging condition.

## Book Information

Paperback: 240 pages

Publisher: Hunter House; 1 edition (December 28, 2006)

Language: English

ISBN-10: 089793489X

ISBN-13: 978-0897934893

Product Dimensions: 5.6 x 0.6 x 8.5 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (53 customer reviews)

Best Sellers Rank: #54,684 in Books (See Top 100 in Books) #9 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis #56 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

## Customer Reviews

Allison Shadday has written a very readable and user friendly book about multiple sclerosis. Her descriptions of the disease are clear and jargon-free which makes understanding the medical aspects quite effortless. Her very personal story creates empathy, compassion and appreciation for the complexities, challenges and ambiguities experienced by folks living with this disease. She is articulate in describing the similarities experienced by folks with MS, while also emphasizing the differences of each person's experience and symptoms. Her highest accomplishment is her ability to

present concise, practical strategies for coping with common psychological difficulties that MS patients and their families often struggle with. From both her rich professional experience, and her personal story, she has much helpful information to impart, and is able to help people feel that they have more control of their lives than they might think. I found the book to be an extremely useful resource for patients I see in psychotherapy, their families, and for myself as I try to gain a better understanding of this unpredictable disease. Linda Miller, Ph.D.

Allison Shadday has given us a clearly written and well-organized treatment on a subject that is not often covered for those of us with MS. The book has a great balance between the facts and the experiences of real-life ms-ers, including her own. The book handles the various symptoms of MS and how they affect emotions, and vice-versa. The chapters on depression, sexual intimacy and caregivers are excellent. I recommend this book to all patients and their circles.

In "MS And Your Feelings: Handling The Ups And Downs Of Multiple Sclerosis", medical clinical social worker Allison Shadday draws upon her more than fourteen years of experience counseling chronically ill patients and their families and her personal experience with MS (she was first diagnosed with the condition in 1995) to offer hope, inspiration, validation, and basic information for patients with MS, as well as their families and loved ones. Readers will learn about how to come to terms with an MS diagnosis; strategies for coping with fear, guilt, anger, loss, depression and isolation; tips for increasing self-esteem and developing a greater sense of emotional security and stability; how to recognize and overcome negative emotional responses to MS; steps to enhance intimacy and build support networks; how to minimize MS-related fatigue and deal with cognitive challenges; techniques to identify and manage stress triggers that can exacerbate MS symptoms; and the very latest information about new treatment options and promising research. Allison Shadday not only writes with evident authority, she is an able communicator whose total mastery of her subject is conveyed with admirable articulation to the benefit of the non-specialist general reader. Anyone having to deal with an MS diagnosis, should give "MS And Your Feelings" careful attention -- it will answer all of the basic questions and address the fundamental issues with complete clarity and an invaluable comprehensiveness.

"MS and Your Feelings" is an insightful look at the effects of MS on a patient's social, emotional, and psychological landscape. The book offers a wealth of practical ideas for managing the wide range of personal and social challenges that MS creates. This book will be very helpful to family and friends

as well as to patients of MS and other chronic and debilitating diseases.

We have a friend with MS, and having seen the author on our local morning news program, I was compelled to check out this book for my own information. I feel I've become more informed and hopefully more understanding. The extensive referal section in the back is worth it on its own. Once I started seeing what a positive attitude Allison uses, I found it hard for me to put the book down. I then purchased a second copy for our friend, so that maybe we'll be able to critique it together and see if it helps her with her MS. A lot of the information also fits into dealing with any one in everyday life.

This book was overwhelmingly approved by our local review committee that is responsible for reviewing materials made available to clients with MS. It's easy to understand language and application addresses real life issues people with MS face on a day to day basis. The book is also ideal for family members and caregivers to give insite into the experience of living with MS. Allison's unique perspective is honest as she's both a clinician and person living with MS, so the reader can feel at ease that they are getting an accurate portrayal of life with MS from both a professional and personal perspective. One of the the neurologist's that sits on the review committee stated, he would "make this book available in all his waiting rooms", as it applies to the person with MS, the family, the partner and the caregiver.

MS and Your Feelings is a must for anyone dealing with the ravages of MS. Even if your MS is following a relatively benign course, the emotions associated with loss around a chronic disease, plus the loss of cognitive functions, memory, and emotional stability associated with the disease itself make this book timely and helpful. I've read it through twice already - first when first diagnosed, and again when my emotions were getting out of control. Filled with good, sensible information and encouragement, it's a keeper, for frequent revisiting. If you buy one book about the emotional changes of MS, this should be the book.

[Download to continue reading...](#)

MS and Your Feelings: Handling the Ups and Downs of Multiple Sclerosis  
Multiple Sclerosis: Simple Changes to Help You Manage Your Multiple Sclerosis  
RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength)  
7 Weeks to 50 Pull-Ups: Strengthen and Sculpt Your Arms, Shoulders, Back, and Abs by Training to Do 50 Consecutive Pull-Ups  
7 Weeks to 300 Sit-Ups: Strengthen and Sculpt Your Abs, Back, Core and

Obliques by Training to Do 300 Consecutive Sit-Ups 7 Weeks to 100 Push-Ups: Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to do 100 Consecutive Push-Ups Towel Wrap Techniques for Handling Cats with Skill and Ease (Low Stress Handling Seminar) Live Your Life, Not Your Diagnosis: How to Manage Stress and Live Well with Multiple Sclerosis Multiple Sclerosis Recoverer's Guide - What To Do To Keep Your Kids From Getting MS Multiple Sclerosis: Your Legal Rights Rising UP!: My Recovery from Multiple Sclerosis, Disability and Despair, including Western and Chinese Medicine, Tai Chi, Qigong, diet, neurological exercise, meditation--and much more! Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures Exercises for Multiple Sclerosis: A Safe and Effective Program to Fight Fatigue, Build Strength, and Improve Balance MS: Something Can Be Done and You Can Do It : A New Approach to Understanding and Managing Multiple Sclerosis MS - Living Symptom Free: The True Story of an MS Patient: A Guide on How to Eat Properly and Live a Healthy Life while Controlling, Reducing, and Eliminating the Symptoms of Multiple Sclerosis Gentle Yoga for Multiple Sclerosis: A Safe and Easy Approach to Better Health and Well-Being through Yoga Complementary and Alternative Medicine and Multiple Sclerosis, 2nd Edition: Second Edition Multiple Sclerosis and Having a Baby: Everything You Need to Know about Conception, Pregnancy, and Parenthood What is a Probiotic, Probiotics against Obesity, Colon Cancer, Inflammatory Bowel Disease, Heart Disease, Multiple Sclerosis, Weight Loss, Cholesterol, Diabetes and Autism. Digestive Wellness Optimal Health with Multiple Sclerosis: A Guide to Integrating Lifestyle, Alternative, and Conventional Medicine

[Dmca](#)