



8 Lessons Lupus Taught Me: From Surviving to Thriving with Autoimmune Diseases (Paperback)

By Callyrae Stone

Balboa Press, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Written as a narrative short story, CallyRae shares her candid insights as she journeys through surviving with autoimmune diseases. Suffering from chronic daily pain, infections, and extreme fatigue, her outlook was one of frustration and hopelessness. As her life journey down the autoimmune highway took twists and turns, she learned to read the signs and listen to her body, mind, and spirit. She continues on the journey but has replaced pain with vitality, infections with health, and extreme fatigue with immense energy. Her outlook is now one of hope and happiness, and she considers herself blessed to live with the autoimmune diseases of rheumatoid arthritis, systemic lupus erythematosus, and oral lichen planus. She no longer suffers and survives but rather thrives and shares hope and inspiration to those who are looking for a better healthier way to live.

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