

Ms And Your Feelings Handling The Ups And Downs Of Multiple Sclerosis

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— 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 ...

~~MS AND YOUR FEELINGS: Handling the Ups and Downs of ...~~

Description. Few people are prepared for the emotional impact of multiple sclerosis, the unpredictable, disabling chronic inflammatory condition now affecting one out of every thousand Americans. Patients typically experience fear, anger, sadness, guilt, low self-esteem and sexual dysfunction. Half of all MS patients suffer from depression, while invisible symptoms, such as "brain fog" and severe fatigue, often leave them feeling misunderstood and alone.

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MS and your emotions: understanding and dealing with your feelings Depression and emotional symptoms of MS often go undiagnosed. The fact of having MS can be a cause of low mood or depression, and sometimes MS itself can physically cause it.

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MS and Your Feelings: Handling the Ups and Downs of MS ALLISON SHADDAY, LCSW [ILLUSTRATION OMITTED] The emotions that come with multiple sclerosis can be one of the most challenging aspects of the disease. In her new book, Allison Shadday thoroughly addresses this most difficult of issues with compassion and insight.

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MS and your feelings £ 0.00. After diagnosis with MS, many people experience a range of powerful emotions. This resource explores how your feelings may be affected and how you can adjust after diagnosis. Format: Clear: MS and your feelings quantity. Add to basket ...

~~MS and your feelings - MS Trust~~

Living with MS can affect your feelings. You may experience a range of powerful emotions around your MS and it may take you time to come to terms with MS being part of your life. People who have lived with MS for a while

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often say that, although they have MS, MS does not have them.

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INTRODUCTION : #1 Ms And Your Feelings Handling Publish By Stan and Jan Berenstain, Ms And Your Feelings Handling The Ups And Downs Of ms and your feelings handling the ups and downs of multiple sclerosis paperback december 28 2006 by allison shadday lscw author stanley cohan md phd foreword 47 out of 5 stars 115 ratings see all formats and ...

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ms and your feelings handling 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

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MS and Your Feelings: Handling the Ups and Downs of Multiple Sclerosis Paperback – December 28, 2006 by Allison Shadday LSCW (Author), Stanley Cohan M.D. Ph.D. (Foreword) 4.7 out of 5 stars 115 ratings See all formats and editions

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