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**Ms And Your Feelings
Handling The Ups And
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— Marie Schwab, English teacher, MS

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And 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

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And Downside Of Multiple Sclerosis
has counseled hundreds of people with the disease, Allison Shadday explores denial and acceptance, guilt and depression, psychological numbing ...

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Description. Few people are prepared for

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And Down Of Multiple Sclerosis, 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

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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
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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

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

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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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Paperback – December 28, 2006 by
Allison Shadday LSCW (Author), Stanley
Cohan M.D. Ph.D. (Foreword) 4.7 out of 5

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