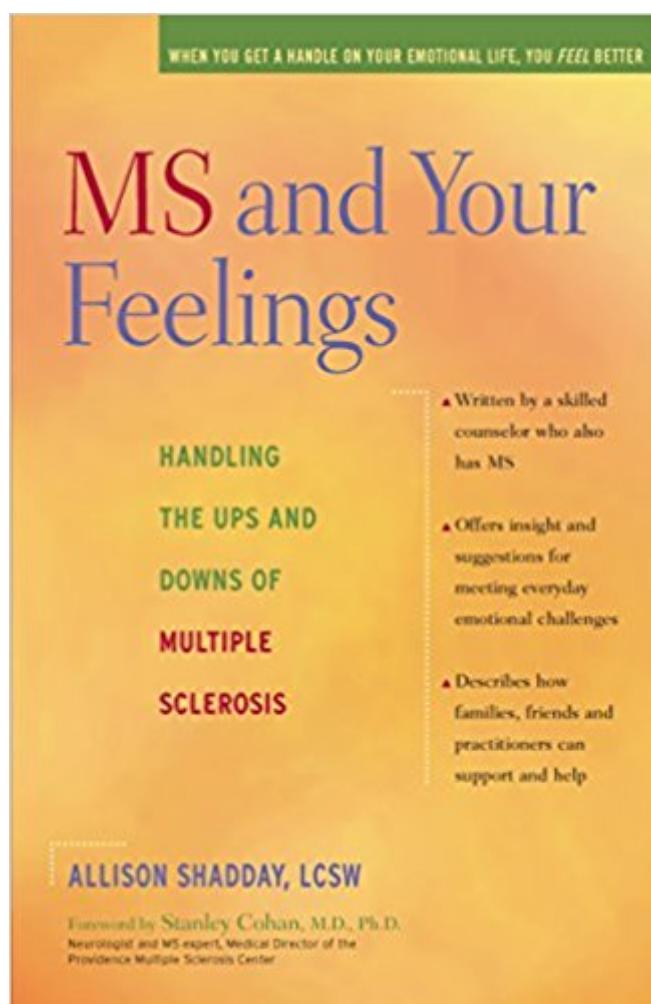


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# MS And Your Feelings: Handling The Ups And Downs Of Multiple Sclerosis



## 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: 4.6 out of 5 stars 55 customer reviews

Best Sellers Rank: #372,953 in Books (See Top 100 in Books) #42 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis #314 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

## Customer Reviews

...what Shadday offers is valuable, empowering advice for her fellow sufferers and their families on how to cope, understand, and overcome the adverse emotional and psychological impact of the disease. Included are effective strategies for dealing with fear and negative emotions, maintaining self-esteem, and prevailing over the disabling complications of MS. With its upbeat and practical advice, this book will find an eager audience in consumer health and patient libraries; highly recommended. *Library Journal*...In her new book, Allison Shadday thoroughly addresses

this most difficult of issues with compassion and insight...from coming to terms with the initial diagnosis to learning how to handle depression, fatigue, and cognitive problems as they occur, Shadday offers insight and information... MS and Your Feelings is an easy read and a great addition to any MS library. Readers will find this a helpful reference to consult again and again over time. "Inside MSAs someone who has struggled with MS for almost 20 years, I have read many books about it. I believe this is the most comprehensive and helpful book to deal with the many emotions of MS. The exercises are especially useful for the individual, as well as their family."

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, loneliness, and much more. With personal insights and experiences from men and women living with MS scattered throughout, readers will undoubtedly recognize themselves and their emotional challenges, and consequently, feel validated and less alone. •

Christine Ratliff, Editor, MSFocus, The Multiple Sclerosis Foundation One of the greatest hurdles in dealing with an unpredictable disease like MS is to learn how to overcome the psychological burden of not knowing what the next day will bring. Allison Shadday helps readers realize whether you have MS or not life is unpredictable so we must all learn to be happy and content with what we have today. MS and Your Feelings helps readers bridge the distance they feel with the outside world and gives the hope of living a fulfilling happy life. • Andrew Larson, M.D. and Ivy Ingram Larson, authors of The Gold Coast Cure and Fitter, Firmer, Faster In MS and Your Feelings Allison Shadday gives us tools that can change our perception of MS and of ourselves as MS patients. The simple exercises she recommends can empower us to amend the way we respond to the presence of MS in our lives. Allison's words might ultimately enable us to view MS as an ally in our journey toward self fulfillment rather than as an enemy to be fought every step of the way. Allison has done a great job and a great service to MSers. • Judith Lynn Nichols, Author of Women Living with MS and Women Living Beyond MS

Allison Shadday, LCSW - Allison Shadday is a medical clinical social worker with 14 years of experience counseling chronically ill patients and their families. She was diagnosed with multiple sclerosis in 1996. Allison Shadday is a medical clinical social worker with 14 years of experience counseling chronically ill patients and their families. She was diagnosed with multiple sclerosis in

1996.

Educational book for people with MS who are newly struggling with emotional issues. The book is a little dry, written like a text book, but filled with great information. I have to admit that I skimmed rather than read the book completely. The chapters and subchapters are clearly marked making it easy to read and lookup the information pertinent to you. The book provided me with information that I was looking for, just a little dull.

I have had MS for who knows how long--Dx'd with RRMS 10 years ago. I found this book helpfull in that it confirms feelings and symptoms that I have. I also believe that it has some helpful hints on how to cope with the day-to-day issues that arise from living with MS. The only criticism I have would be that it is primarily female oriented. Not a fault, but would like to find a similar book from a male point of view. Having said that--it is the best book that I have read on the subject.

I recommend this book for anyone living with Multiple Sclerosis. The format lends itself to giving the MSers good topics to discuss with family, friends, caretakers. I've bought six of these books to give to, my psychiatrist, family members, and friends. I keep on hand when going to physical therapy should I run into someone that is living with MS and having a hard time.

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.

I have not actually read this book yet, but my boyfriend who was recently diagnosed with MS has been reading it. He has read different things to me and has told me how helpful it has been to help him understand some of the things he is going through.

Helpful for families

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.

I originally got this book at the library. I hesitated because some MS books can be very heavy or dry. This book was excellent! I found it very helpful, even though I've had MS for years. I bought one for myself & had some of my family read it, too. I even got a couple for gifts for friends with MS. I highly recommend it, especially if you have people in your life who could use a little MS education. It's also great to validate things for you personally. It's an easy read & definitely worth the time.

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