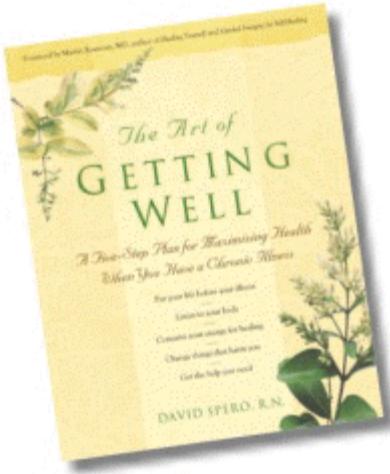


The Art of Getting Well: 5 steps to maximizing health when you have a chronic condition



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You CAN get better

The Art of Getting Well gives you more than the how-to of self-care. It also provides the why-bother. Most books on living with illness give you a map of the swamp and say, "Go." **The Art of Getting Well** comes with you, helping you overcome the crocodiles and avoid the quicksand.

Starting with an explanation of where chronic illness comes from ("Studies Show Life is Hard,") **The Art of Getting Well** takes us through practical approaches to relaxing and reducing stress, making important life changes, obtaining needed help, getting more pleasure and meaning into our lives, taking charge of our health care, and learning to love and listen to our bodies ("Your Body: Love It or Leave It.") At every step, the author provides encouragement, inspiration, and practical suggestions for overcoming the social, economic and psychological barriers that will inevitably arise, and which most health books ignore.

The Art of Getting Well is written from a nursing perspective, which sees the whole person in the context of his or her entire life. It tells the story of life with chronic illness from the standpoint of the real experts, dozens of people including the author, who are living successfully with a wide variety of conditions. It lets you know in your heart that, whatever your diagnosis, no matter how many doctors, therapists or healers you have seen, or what you have tried so far, you can get better.

About the Author

David Spero has been a registered nurse for 30 years and has spent 15 years writing about health and environmental issues. A long time self-care coach, he is on the Faculty of the Institute for Healthcare Improvement and authored *Diabetes: Sugar-Coated Crisis - Who Gets It, Who Profits and How to Stop It.*

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From Publishers Weekly

Spero, a practicing nurse who was diagnosed with multiple sclerosis over a decade ago, presents an accessible, practical and encouraging self-care manual for the chronically ill. Spero's five-step plan for assisting with physical recovery slowing down, making positive changes, maintaining a support network, learning to value one's body and taking some responsibility for improvement may well be useful for the healthy and ill alike. Each step is presented in detail and is interwoven with both the author's personal experiences and those of other patients. Spero describes how a 53-year-old woman diagnosed with severe hypertension made two job changes in order to find work that not only was less stressful, but also gave her greater satisfaction. He provides many examples of the benefits of building a wide support network: relying on several rather than one "helper" actually gave patients more independence. Of particular interest is the list of "twenty-four reasons to live," which suggests creative ideas to lift depression, such as getting a pet, spending more time in nature and developing new hobbies. The author is careful to stress the importance of health professionals but is convinced that caring for oneself emotionally enhances medical treatment.

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"A terrific book, a combination of stories, science and a great writing style."

KATE LORIG, Director of the Chronic Disease Self-Management Program, co-author of *Living a Healthy Life with Chronic Conditions*.

"David Spero has written the book I needed to read when I was diagnosed with Crohn's disease 48 years ago. THE ART OF GETTING WELL is a practical and profound guide to finding healing in the face of problems that have no known cure. This book is a blessing for anyone facing chronic illness."

RACHEL NAOMI REMEN, M.D.

Author: *Kitchen Table Wisdom* and *My Grandfather's Blessings*

"David Spero is the real thing. A nurse and health coach who thrives with a chronic illness, David is also an entertaining writer who makes you feel that you have a friend in the self-healing business. The plan he gives us in The Art of Getting Well is not hype, not complicated, and not expensive. He has distilled the essence of self-care into an easy to take program virtually certain to create a sense of well-being in anyone who takes it to heart."

Martin L. Rossman, MD,

Author, *Guided Imagery for Self-Healing*; Director, Academy for Guided Imagery

"For people and families facing chronic illness this book is a gift. David Spero provides a practical, knowledgeable and compassionate "coach" to living a healthier life with chronic illness. Grounded in scientific research, informed by first-hand experience, and enlivened with stories from real patients, this book is powerful medicine for those wishing to take a more active role in managing their illness and their lives. "

David Sobel, MD, MPH, Regional Director, Patient Education and Health Promotion,
Kaiser Permanente Northern California

Author, *Healthy Pleasures and Mind & Body Health Handbook*

"I need to tell you how FABULOUS your book is! It's truly one of the best "self-help" books I've read. I don't have a chronic "illness" but felt inspired to make some necessary changes in my own life. I would love to know when it's coming out and buy a dozen to have around the office for patients."

Lynne Jahnke, MD, Cancer Center of Santa Barbara

"Having lived with Multiple Sclerosis for 13 years, I have yet to find another book that so plainly and straightforwardly tackles the issues faced by those who choose wellness over illness. I will read this book again and again to help remind myself to choose wellness, and I will share it with others who seek the same. This is truly a well organized, thought provoking look at what it takes to be well."

Kathleen Wilson M.A., President, MSWorld, Inc.

"This new self-care book, written in a folksy, almost conversational style, is a treasure of encouragement and practical tips for chronically ill people who have realized that it's pretty much up to them to determine the quality of their daily lives. Author Spero knows firsthand how to deal with anger and despair; how to be assertive with doctors; where to find reasons to live; and the importance of support from others. The book is worth the price for just the list of references for everything from alternative therapies to anger reduction to centering prayer to sexual activities which don't involve intercourse. "

Darlene Cohen, author of *Finding a Joyful Life in the Heart of Pain*, and *Arthritis: Stop Suffering, Start Moving*