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Heartsearch: Toward Healing Lupus



Synopsis

Donna Hamil Talman is a psychotherapist with an interest in the mind/body connection that predated her diagnosis with lupus erythematosus, an auto-immune disease which affects many more women than men. Her desire to find a greater meaning in her illness and recovery, and to discover why she developed an auto-immune disease (in which the body reacts against its own tissue), led her to examine the ways in which unresolved and unexamined feelings could influence her health. This is an inspiring book for anyone confronting illness, with special meaning for those with an auto-immune disorder.

Book Information

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Customer Reviews

"Rarely have I read a book about a personal challenge of illness that is as exquisitely written as this one. I applaud Donna Hamil Talman and her talent."- Norman Cousins
"Heartsearch is an honest story of one individual's search for an understanding of why she developed lupus erythematosus, an autoimmune disease. Her search became a voyage of self-discovery in the course of which she discovered the source of her body's healing energies."- Alexander Lowen, M.D.

Donna Hamil Talman is a psychotherapist specializing in Gestalt, bioenergetics and transpersonal psychology. She lives with her husband and son in Worcester, Massachusetts.

As anyone with the painful orphan disease fibromyalgia knows, finding relief is a full-time job.

Learning how others have dealt with chronic diseases is one path that can lead to relief, and I want to share my pleasure in finding Donna Hamil Talman's touching, informative book, "Heartsearch: Toward Healing Lupus." Believe me, this is not just for those unfortunate enough to have lupus. In fact, anyone who is struggling to overcome any adversity could benefit from it. This book is the story of a courageous woman who faced a devastating disease and possible death with a determined, intelligent search for healing. She explored every path she could find, from meditation to diet, from massage to therapy, from acupuncture to prescribed medications, and she never backed down when the going got tough. She is an example for us all. I couldn't help but recognize (and hopefully acknowledge) myself throughout the well-written narrative of her personal struggle, but the part of the book that I reread most is the appendix: Guide for a Self-Help Prescription. This section alone would make the book worth buying. It lays a foundation for healing that can save her readers years of research and painful struggle. I give this book an A+.

I found this book to be of little use to my own self, as I have had lupus for over thirty years. However: the author's appendix was the best part of the book to me. For newly diagnosed lupus patients, I believe the author does have a lot to offer.

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Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing)
Lupus Novice: Toward Self-Healing
The Lupus Diet Plan: Meal Plans & Recipes to Soothe Inflammation, Treat Flares, and Send Lupus into Remission
Coping With Lupus: A Practical Guide to Alleviating the Challenges of Systemic Lupus Erythematosus
A Decade of Lupus: Selections from Lupus News
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