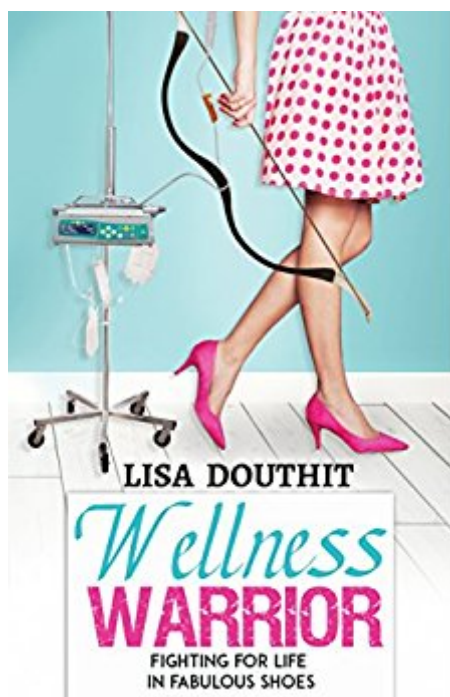


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Wellness Warrior: Fighting For Life In Fabulous Shoes



Synopsis

Imagine discovering you've contracted a devastating disease that would end life as you knew it. Author Lisa Douthit not only experienced this, it happened multiple times. After surviving four different cancers, she hit the final wall when a life-threatening autoimmune disease took over. Exhausted and discouraged, she had to make a choice: give in to disease and let nature take its course, or find the strength to figure out what was happening—and more importantly, why? After immersing herself in the study of illness from a physical, emotional, and spiritual perspective, Lisa learned how to recreate her body from the cellular level and keep her sense of humor. She shares her crazy, often hilarious journey in this moving memoir, which is both a practical health guide and a lesson in finding your own, personal power to create positive shifts in your health. The result is a roadmap that guides us through the darkest hours of life. With every purchase, you can donate a second e-copy to someone struggling with chronic illness. Simply go to LisaDouthit.com/WarriorBook to learn how you can help someone be well even if they aren't in perfect health. Alone we are strong, but together we are invincible. Help others become warriors too.

Book Information

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Customer Reviews

I would highly recommend this book to a person living with an invisible illness. I have been in and out of hospitals my whole life. I remember the needles, the ABGs, I remember being put in a bubble as a little girl. I remember seeing the light from many near death experiences. It is extremely difficult to find yourself when all you know is hospitals. I didn't have too many friends because I was absent so much. As a grown up I still stay hidden because it is hard to be in the outside world when you mostly identify with the four walls. In addition to being sick I was sexual molested as a young child and teenager and then raped as an adult. Lisa's book will resonate with you, as it did me, because she speaks her truth eloquently. There is hope for all that has been living in the dark naked and afraid. She puts words to what we have all felt. Spread the love to all those who fight the invisible. This book is truly a gift.

Although I chose to review this book, I must be honest and say that I thought I'd make heavy weather of it given the subject. But I was pleasantly surprised at how easy it was to read through and learn from Lisa's experiences. That's a credit to Lisa's style of writing and how personal the sharing was. Lisa's ability to find her own path to wellness in a balanced way – combining medication, exercise, alternative therapies and making changes in her diet are truly commendable and inspiring. Her inner journey, call it spiritual if you like, to find meaning in her suffering and to use her experiences to create a balanced life are well expressed. This is applicable to us all – everyone of us is called to learn from the supposedly "bad" experiences life brings our way. As Lisa says, "We are our best teachers when we choose to be students of our lives." The book reinforced my belief that it is possible for each of us to find wellness in the true sense of the word. To quote Lisa again, "True cures cover all aspects of our being: mind, body, and soul. It's the sense of peace we feel deep within us know that whatever form our life takes in any given moment, we are exactly where we need to be." This is a book I would recommend to people suffering from life-altering illness and to anyone who needs a reminder that it's possible to find light and wellness in the midst of great darkness and ill-health.

This is an amazing true story of an incredible woman who has had her share of health problems starting at a young age, and has continued for many years. Suffering not from just one cancer but from four, and if that was not enough got an autoimmune disease that is very debilitating. Facing her

autoimmune disease has left her at times in bed for months trying to move, taking a breath, and finding a way to eat and drink. She does experience at times relief until the disease takes its control once again. The author begins writing this book at the darkness of times. Her illness takes many unpredictable turns. She takes medicine to help manage her disease, but also takes a comprehensive inventory of complementary and alternative treatments to help her live their life. There is a wealth of information shared in this book. There is a mixture of valuable therapy advice, benefits of doing exercise, changes one can make to their diet, and spiritual advice that is worth a read and adapting in their life. Through her illness she has learned to create balance in her life and gained wisdom in the finer things of life which she probably would not have obtained if she did not experience the sickness in her life. I would recommend this book to anyone that is suffering from illness or not that needs to find purpose in their life. You do not need to be sick to get your life back on track. It is important to be balanced physically, emotionally, mentally, and spiritually. If one part of your life is unbalanced, at some point chaos will result. This is not a quick fix book. In fact the author still suffers from the disease, but she has defied the odds, and is managing the ups and downs of this illness, and has found purpose in helping others when her body allows it. Received complimentary from Sage Blog Tours for a honest review.

The author tells her own story of fighting cancer two times and an autoimmune disease. There are the usual list of doctors and medicines that she has but she also discovers using therapy of various types. I can identify with much of what she describes. Although my specifics are some different I do understand fighting chronic illness. She gives a lot of food for thought to find different ways to fight for your health. I admire and respect her courage.

A beautifully written book about finding yourself amidst the chaos that is life. I absolutely adored this book because of the truth and honesty Lisa used to describe her experiences. Diagnosed with an invisible illness as a teen, I completely understand the process associated with learning about my illness and the preceding steps to accept that illness. After trying so many doctors, treatments, remedies, diets, and the like, it felt impossible to live a normal life and to become the person I wanted to be. Reading about someone else's experiences let me know that I am not alone in this illness. The hardest part about having an invisible illness or any other issue, is feeling isolated and alone. After reading this book, I was reassured that there are others with my same experiences and troubles. As described in the book, auto immune illnesses are difficult to treat. Many people do not realize the multiple faces of these diseases, such as the emotional and the spiritual, aside from

the physical. When dealing with an illness, it is important to understand these different connections, as it will create a new perspective to approach it. It is different for every person, but I am sure everyone can relate in some way or another. As part of the Hashimoto's™ auto immune disease club, I have come to accept it as part of who I am and understand it as a challenge to strengthen me. I have turned this sickness around from being an awful life sentence, to a better, healthy life worth living. I highly recommend this book to all of my friends. No matter what you are experiencing in life at the moment, this book will give you a fresh perspective on discovering the hidden issues in your life and resolving them in a healthy way. I appreciate and admire all that Lisa has done as a Wellness Warrior to make invisible illnesses less invisible. I hope you read this book and understand that there are always new ideas to consider and many people to talk to.

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