

Bibliography

Susan Patick

Books

- *The Lupus Book: A Guide for Patients and Their Families* by Daniel J. Wallace, M.D. (Excellent reference.)
- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* by Jon Kabat-Zinn ("This book describes a self-guided training program in mindfulness-based stress reduction to develop relaxation, calmness, and self-awareness, a reliable foundation for facing the "full catastrophe" of stress, pain, and illness - indeed, of life itself." Description of book from website.)
- Andrew Weil, MD is a pioneer in the field of integrative medicine. He has many good books available, including books on nutrition. (I have some of his older books. Although I'm not familiar with his newer books, I trust him as a resource.)
- *Living a Healthy Life with Chronic Conditions, 3rd Edition* by Kate Lorig, RN, DrPH, Halsted Holman, MD, David Sobel, MD, Diana Laurent, MPH, Virginia Gonzalez, MPH, and Marian Minor, RPT, PhD (This is a workbook that is used in the self-management programs that are based on the Stanford Medical Center's Chronic Disease Self-Management Program.)
- *The Relaxation & Stress Reduction Workbook* by Davis, Eshelman, McKay, and Fanning (This is a good source of meditation, breathing, and mindfulness exercises, among others. Although it's best to learn these from a class or recording, I found it helpful to have this as a resource.)
- *A Delicate Balance: Living Successfully With Chronic Illness* by Susan Milstrey Wells (This is a heartfelt book about living with chronic disease, with many examples and practical information.)
- *The Chronic Illness Workbook: Strategies and Solutions for Taking Back Your Life* by Patricia Fennell (This book takes a more psychological approach to dealing with chronic illness. It describes the phases you might go through and the emotions you might experience, and offers coping skills to manage them.)

Websites

- National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)
Website: <http://www.niams.nih.gov>
- American College of Rheumatology (ACR)
Website: <http://www.rheumatology.org>
- National Center for Complementary and Alternative Medicine (NCCAM)
Website: <http://nccam.nih.gov>
- Lupus Foundation of Northern California
Website: <http://www.lfnc.org>
- Lupus Research Institute
Website: www.lupusresearchinstitute.org
- Lupus Foundation of America (LFA)
Website: <http://www.lupus.org>