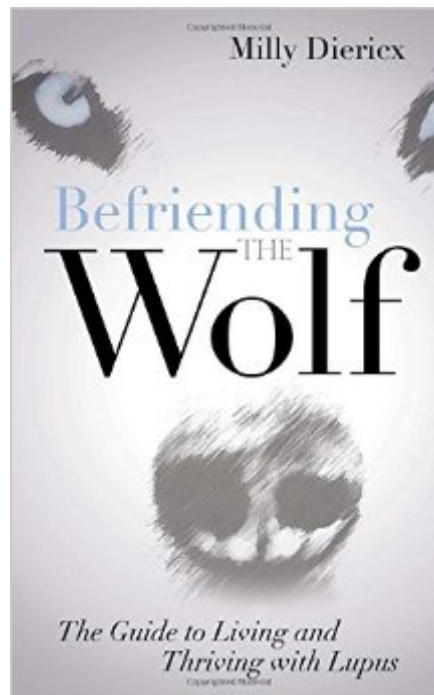


The book was found

Befriending The Wolf: The Guide To Living And Thriving With Lupus



Synopsis

Milly Diericx nearly died in a full-blown Lupus attack. But she not only survived – she learned to thrive. In these pages, she reveals the keys to her survival, how she reframed what was happening to her, and the practical ways to alleviate common physical symptoms and emotions related to this disease. *Befriending The Wolf: A Guide to Living and Thriving with Lupus* is a comprehensive guide to alternative methods of healing for this pervasive ailment. You will experience self-esteem, emotional wellbeing and proven, practical tips from the inside-out. Milly Diericx has dedicated her life to trying alternative healing modalities, speaking clearly and honestly about them and their efficacy. Milly reveals how the answer to the unique questions posed by having an autoimmune disease can be found in a three-tiered system, approaching our physical, mental-emotional and spiritual dimensions in order to bring greater healing to our whole beings. *Befriending The Wolf: A Guide to Living and Thriving with Lupus* brings together home remedies, tips, alternative techniques and healing methods designed to make autoimmune disease sufferers more comfortable, their symptoms easier to manage and alleviate, and their general outlook more positive and proactive by befriending the condition and learning to work with it, instead of against it. If you or anyone you know is suffering from Lupus or any other autoimmune disease and you're interested in getting back in the driver's seat, this is the guide for you.

Book Information

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Customer Reviews

Her personal story and her determination to heal are inspiring. Not only to deal with Lupus but for

everyday life struggles. Many books just tell you to be happy and be positive but in this book the author takes you by the hand in a practical way and shows you HOW to do it, with specific and understandable techniques. It has also been an interesting journey to get to know me better. Thank you!! just bought three more books for my mother and sisters.

Great book, easy to understand, helps you learn about other ways to help yourself besides medicine, you have to help yourself and be willing to work with everything there is!! Thank you for sharing your story with us!!

Great book! Helps you heal and feel strong!

Great insights, practical and very well written. A must have for anyone with or "near someone" not only with Lupus but also applicable to other diseases. Well deserved 5 stars. Congrats

Crisis are opportunities to rise! Great lesson learned from *Befriending the Wolf*. An inspiring book.

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