



# Polio Survivors' Page

## Chronic Illness

Few things in life can be as potentially devastating as chronic illness. It affects not only the patient, but his/her friends, family, associates and most of all, the care partner. There are, however, many ways to learn to cope with and, in some cases, even triumph over chronic illness. These ideas and techniques deal with both the physical and the emotional sides of chronic illness and can benefit the sufferer as well as those who support and love him or her.

The following list of books will guide you through some of these programs, ideas, and strategies for effectively dealing with chronic illness.

### Chronic Illness Bibliography

Cleveland, M.

***The Twelve-Step Response to Chronic Illness and Disability: Recovering Joy in Life***

Hazelden; 1988.

Joy and serenity are possible for those with chronic illnesses or disabilities. Whether we must live with daily physical pain, a slowly crippling condition, or the results of an illness or accident that has left us permanently changed, we can choose how to respond emotionally and spiritually. The twelve steps originally developed by the Alcoholics Anonymous fellowship show us the way.

Pitzele, S. K.

***We Are Not Alone: Learning to Live With Chronic Illness***

Workman Publishing; 1985.

This is a book about redesigning your life... about how to live better, not just differently. ***We Are Not Alone*** offers inspiration and practical living strategies to millions of Americans suffering from chronic illnesses, and priceless advice for those caring for them.

Register, C.

***Living With Chronic Illness: Days of Patience and Passion***

Bantam Books; 1987.

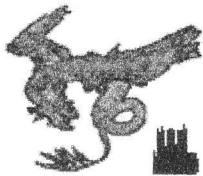
Essential support and inspiration for the chronically ill - and for those who love them.

Wheeler, E.G., Dace-Lombard, J.

***Living Creatively With Chronic Illness***

Pathfinder Publishing; 1989.

Profiles of chronically ill people demonstrate how they developed skills to transcend their disabilities. ***Living Creatively With Chronic Illness*** helps not only ill persons, but their families, friends, and counsellors to understand the lost expectations and the frustrations of continuing physical incapacity. This book offers approaches to help the ill person move from a victim role, to a survivor, and ultimately to transcend losses and pain.



This site is now maintained by Chris Salter [Email [linpolioweb@loncps.demon.co.uk](mailto:linpolioweb@loncps.demon.co.uk)] of the [Lincolnshire Post-Polio Network](#).

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