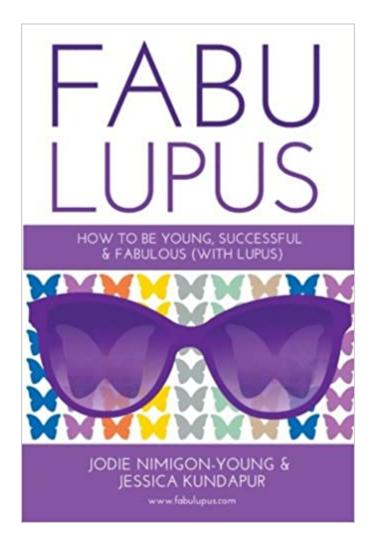


# The book was found

# Fabulupus: How To Be Young, Successful And Fabulous (with Lupus)





## Synopsis

Can you be a young person with lupus and still be successful and fabulous? Yes! Fabulupus helps you navigate your complicated life as a youth with lupus and shows you how to live your life to the fullest. Authors Jodie and Jessica were diagnosed with lupus when they were 13 and 26 respectively. They know what youâ <sup>™</sup>re going through and they know the challenges that you may face. They also know that you can accomplish your goals and have an amazing life. Unlike other books about lupus, this book focuses on the life stuff and was written for young people with lupus by young people with lupus. Using their personal experiences, Jodie and Jessica provide the â œtips and tricksâ • that helped them to survive, succeed and be fabulous (with lupus). www.fabulupus.com

### **Book Information**

Paperback: 184 pages Publisher: Rani Rose Publishing; 1 edition (December 10, 2014) Language: English ISBN-10: 0993849407 ISBN-13: 978-0993849404 Product Dimensions: 6 × 0.4 × 9 inches Shipping Weight: 11.8 ounces (View shipping rates and policies) Average Customer Review: 4.2 out of 5 stars 7 customer reviews Best Sellers Rank: #1,165,593 in Books (See Top 100 in Books) #25 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus #70 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #527 in Books > Health, Fitness & Dieting > > Diseases & Physical Ailments > Immune Systems

## **Customer Reviews**

Meet the authors: Jodie Nimigon-Young has had lupus for nearly 20 years, and never once cried about her diagnosis because she knew there was meaning behind suffering. Jodie has completed her Masterâ <sup>™</sup>s degree and is a successful social worker and researcher in the fields of youth, chronic illness, and personal growth in Ottawa, Canada. Jessica Kundapur has been managing her lupus for 7 years and even though having lupus really impacted her life, she learned how to accomplish her goals and have a fun time doing it! She completed her Masterâ <sup>™</sup>s degree, works in biomedical research, and has lived fabulously while residing in Canada, the United States and the Netherlands.

An excellent and encouraging book - for anyone who is meeting the challenges of Lupus, as well as those who know someone facing these challenges. 'Fabulupus' is written in a conversational, friendly and caring style and is full of practical information and sound advice.

Wow! Thank you Jodie and Jessica for this amazing resource. Having been diagnosed recently, this was the perfect place to start in my journey to learn about the positive side of searching for ways to cope within myself. I definitely recommend this to anyone who needs some positivity in their journey, as well as loved ones (my boyfriend can't put it down!).

This is a great book that is super relatable to me as a young 20 something. I love it and refer to it often. 5 stars

Very comforting to read

#### Thanks

This is one of the best lupus booksl've read( in my 30 years of lupus). Very worthwhile information, very encouraging, realistic and well written. It made me enthusiastic to step up my self care. I wish I had had this when diagnosed, but even now it helps a lot! The authors wisely encourage education and discuss why. Excellent!

Another book giving excuses for not living a full life. With the right diet and exercise you CAN do everything.

#### Download to continue reading...

Fabulupus: How to be young, successful and fabulous (with lupus) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) The Lupus Diet Plan: Meal Plans & Recipes to Soothe Inflammation, Treat Flares, and Send Lupus into Remission Coping with Lupus: A Guide to Living With Lupus for You and Your Family Dubois' Lupus Erythematosus and Related Syndromes E-Book: Expert Consult - Online (Dubois Lupus Erythematosus) Connective Tissue Diseases: Holistic Therapy Options--Sjoegrens Syndrome; Systemic Sclerosis - Scleroderma; Systemic Lupus Erythematosus; Discoid Lupus Erythematosus; Secondary and Primary Raynauds phenomenon; Raynauds Disease; Polymyositis Dermatomyositis Lupus Diary: Track Your Life with Lupus--Body, Mind, and Spirit The Lupus Guide: An education on and coping with Lupus When Lupus Throws You For A Loop: A Handbook For The Newly Diagnosed, Lupus Veterans, And For Those Who Love Them The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) Coping With Lupus: A Practical Guide to Alleviating the Challenges of Systemic Lupus Erythematosus A Decade of Lupus: Selections from Lupus News Healing Lupus Naturally: Science-Based Natural Lupus Remedies Your Doctor Doesnâ ™t Want You to Know About LUPUS: Systemic Lupus Erythematosus: Symptoms. Types. Causes. Diet. Diagnosis. Treatments. Research. A Lupus Handbook: These Are The Faces Of Lupus The Lupus Answer - Holistic Lupus Diet & Treatment BENLYSTA (Belimumab): Treats Systemic Lupus Erythematosus (SLE or Lupus) Florida's Fabulous Canoe and Kayak Trail Guide (Florida's Fabulous Nature) 4 Weeks of Fabulous Paleolithic Breakfasts (4 Weeks of Fabulous Paleo Recipes Book 1) Florida's Fabulous Butterflies (Florida's Fabulous Butterflies & Moths)

Contact Us

DMCA

Privacy

FAQ & Help