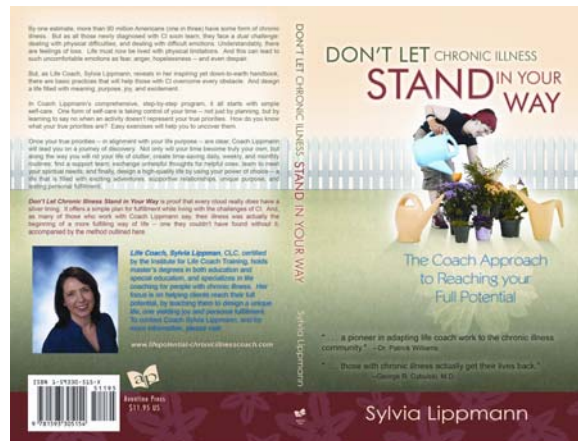




Don't Let Chronic Illness Stand in Your Way: The Coach Approach to Reaching Your Full Potential



by Sylvia Lippmann, MEd, MA, CLC
 Certified Life Coach
 . Specializing in Chronic Illness Life Coaching .

☑ The Facts

- Over 90 million Americans live with chronic illness (one in three)
- 70% of all American deaths are caused by chronic diseases
- CI consumes 75% of the \$1.4 trillion spent on medical care annually

-- From the CDC's National Center for Chronic Disease Prevention and Health Promotion

☀️ How This Book Can Help

As anyone who lives with chronic illness knows, figuring out how to find personal meaning and joy, despite CI, is not what doctor visits are for: physicians concentrate on their patients' medical needs. But other needs are equally important.

Many of those with chronic illness suffer needlessly from anxiety, depression, and hopelessness -- particularly when every area of their lives is negatively impacted by the pain and physical limitations of their illness. To transform these debilitating emotions, the supportive and practical strategies of life coaching have proven life changing -- in the experience of Certified Life Coach, Sylvia Lippmann, MEd, MA, CLC.

To reach more people with that hopeful message, Lippmann wrote a book describing all the life coaching methods she uses to address the emotional and practical needs of those living with chronic illness. In ***Don't Let Chronic Illness Stand in Your Way: The Coach Approach to Reaching Your Full Potential***, she offers simple but very effective strategies and practices for regaining control of one's life, while taking small, consistent steps toward cultivating a life of meaning and purpose.

☀️ CI Readers Learn:

- How using 21 essential self-care practices restores control
- Why saying No isn't selfish, but good for everyone in their lives
- How exchanging unhelpful thoughts for helpful ones lifts moods

- How their response to any situation is their power of choice in action
- How automatic daily routines feel good, boost energy, and save time
- How to create a fulfilling life -- by taking small steps toward big goals
- How removing energy drains yields energy for fulfilling their dreams
- How gratitude for small things attracts even more to be grateful for
- How “architecting” a high-quality life eliminates victim thinking

Why It Matters

At a time when chronic illness has become a “chronic” societal issue (in terms of the sheer number of people affected, and the enormous burden of medical care costs and loss-of-productivity costs), it is important to address and find solutions for the human issue or the human cost, as well.

Coach Lippmann’s book does just that. It offers hope in the form of small, doable actions within a larger pragmatic plan that restores control. And it helps to create a life that takes CI into account but does not revolve around it. Readers learn that their lives truly *can* be about what matters most to them.

It is this inspirational focus which will return to society the value and meaning of lives that might otherwise be lost to the debilitating challenges of living with CI.

☑ About the Author

CI Life Coach, Sylvia Lippmann, MEd, MA, CLC, is certified by the Institute for Life Coach Training, and holds masters degrees in education and special education.

With Cognitive Behavioral Therapist, Dan Lippmann, LCSW, she recently launched a *Quick* Counseling + Coaching program, designed to serve the chronic illness community through teleseminars, infoproducts, individual counseling and coaching sessions, and more. www.FeelBetterNow-CI.com

☑ The Book

Don't Let Chronic Illness Stand in Your Way:
The Coach Approach to Reaching Your Full Potential

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