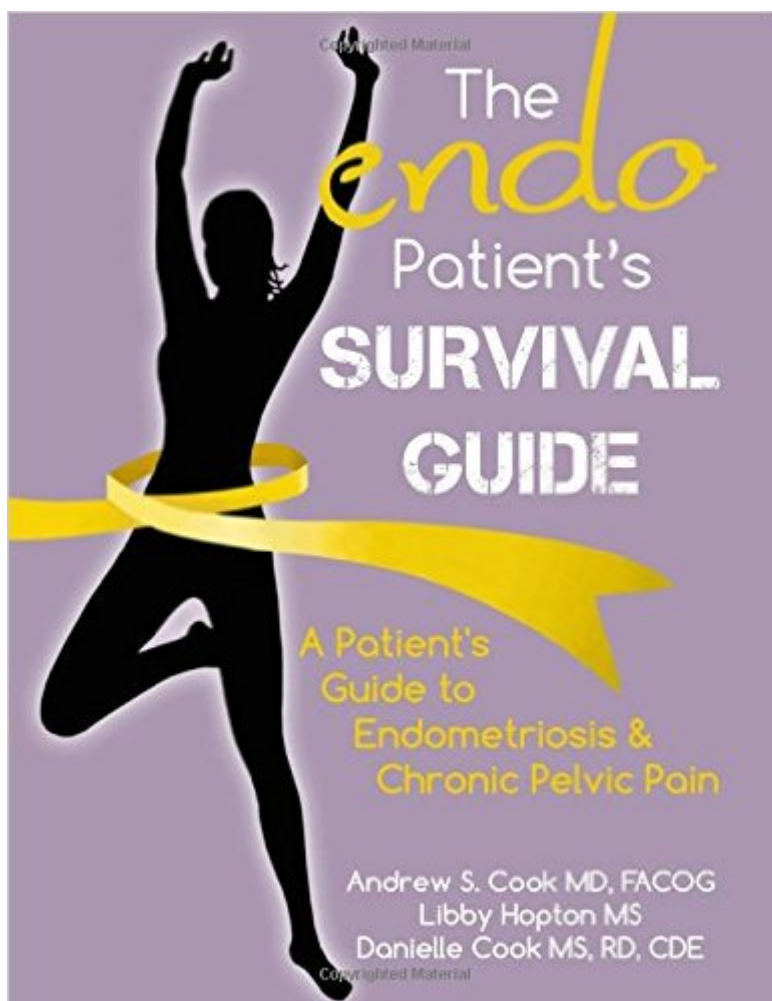


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# The Endo Patient's Survival Guide: A Patient's Guide To Endometriosis & Chronic Pelvic Pain



## Synopsis

The Endo Survival Guide is the patient's essential companion to living with and overcoming endometriosis and pelvic pain: from seeking help and getting an initial diagnosis, to navigating treatment options, and achieving optimal relief and wellness.

## Book Information

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #82,789 in Books (See Top 100 in Books) #3 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endometriosis](#) #48 in [Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology](#) #260 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

I got a complimentary copy of this book for Endometriosis Awareness Month and after reading Dr Cook's book on endo, I knew this would be good. This is the best resource I think anyone could ask for, especially a younger or newly-diagnosed patient. It's short, concise, readable, and packed with information, reproduces, and actionable items, without being overwhelming. I 100% recommend everyone diagnosed with endometriosis buying this book. I'd also love to see it in every GYN office, school nurse's office, and library.

As a pre-med student, I have found this book to be very invaluable and insightful. Not only was I able to learn the basics of endometriosis, but also the different treatments available as well as the different stages of the disease. In addition to being very informative, the book is appealing to the eye and comprehensive (attached are my personal favorite illustrations). I recommend this guide to anyone that has endo or know of loved ones that may be going through this experience, but also those of us who want to be informed and really want to know important information about the disease in order to raise awareness of endometriosis! I really hope this guide reaches the millions of

women that suffer all around the world as well as physicians and pre-med students that can make a difference like Dr.Cook has!

I was referred to this book by a friend because of the symptoms my sister was facing. This book not only helped us understand the disease better but also informed us of the care women deserved when faced with such a confusing and awful disease. I thank the authors of this guide for creating a book that is so informative and interactive, with many pictures to guide you through it all. My sister and I are very excited to be finally facing the right direction with this disease, after so many years of being neglected.I hope everyone gets a hold of this guide!

After hearing from a friend who had surgery with Dr.Cook about this book, I got myself a copy of the guide and became aware of Dr.Cook's approach of the disease. I feel that many women can benefit from this guide because the authors clear up many confusions associated with endometriosis, all the while keeping the pages lively with pictures to support the text and making it very easy to follow. I am in love with this book and can't wait to tell more people about it!! hope everyone gets the right care they deserve, like my friend did!

Bought this for a friend who was suspected of having endo. It provided a TON of helpful information and it was great being able to hear facts from a doctor instead of the internet. Definitely recommend for people who have endo or family and friends of people who have endo!

As a survivor and patient advocate, I can tell you that this is the first book that I now recommend young women read when either a diagnosis is suspected or newly confirmed. While very comprehensive in nature, It is easy to understand and helps patients, as well as family members, prioritize questions based on their immediate needs. A diagnosis of endo in the past automatically meant a string of invasive procedures and most likely a devastating label of sub or infertility. Not so, says Dr. Cook. This book is full of HOPE and actually makes the diagnosis less scary. Dr. Cook makes it okay to take it with you to your own doctor and even includes tips on what to include in the conversation. And, finally, someone has not only incorporated nutrition and wellness into the picture, but readers get the benefit of learning to apply functional, preventative medicine techniques: a fancy term for forming a partnership with your healthcare provider who focuses on YOU and not your disease! We are reminded that we CAN live a healthy life well with a chronic disease. It's time to take charge of endo!

I absolutely loved this book. I received my Endo diagnosis on June 30, 2014. Since then, I've read countless books, blogs, and webpages since, including Dr. Cook's book "Stop Endometriosis and Pelvic Pain." I've enjoyed learning through various resources and must say that this book packs SO much information and resources into a compact and delightful-to-read package. The illustrations, font type, and phrasing are a wonderful combination! I couldn't put it down. And did learn some new things! I look forward to passing this book onto other EndoSisters and family members/friends who wish to understand this disease more. And I absolutely highly recommend it to you and your loved ones. It's a must-have for your library. And then you can pass it on to someone who needs to read it, too. Invaluable!!!!

This book is amazing. It's very to the point and in terms you can understand. It's very well written and informative. I suffer from endometriosis and this book is so helpful especially with decisions on treatment. It was also very helpful for my husband to understand what endo is. If your debating about getting this book get it. I absolutely love it.

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