

The book was found

# Heartsearch: Toward Healing Lupus



## Synopsis

Donna Hamil Talman is a psychotherapist with an interest in the mind/body connection that predated her diagnosis with lupus erythematosus, an auto-immune disease which affects many more women than men. Her desire to find a greater meaning in her illness and recovery, and to discover why she developed an auto-immune disease (in which the body reacts against its own tissue), led her to examine the ways in which unresolved and unexamined feelings could influence her health. This is an inspiring book for anyone confronting illness, with special meaning for those with an auto-immune disorder.

## Book Information

Paperback: 248 pages

Publisher: North Atlantic Books (January 1, 1993)

Language: English

ISBN-10: 1556430728

ISBN-13: 978-1556430725

Product Dimensions: 9 x 6 x 0.7 inches

Shipping Weight: 14.2 ounces

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #3,771,712 in Books (See Top 100 in Books) #85 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus](#) #165 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases](#) #6156 in [Books > Medical Books > Administration & Medicine Economics > Health Care Delivery](#)

## Customer Reviews

As anyone with the painful orphan disease fibromyalgia knows, finding relief is a full-time job. Learning how others have dealt with chronic diseases is one path that can lead to relief, and I want to share my pleasure in finding Donna Hamil Talman's touching, informative book, "Heartsearch: Toward Healing Lupus." Believe me, this is not just for those unfortunate enough to have lupus. In fact, anyone who is struggling to overcome any adversity could benefit from it. This book is the story of a courageous woman who faced a devastating disease and possible death with a determined, intelligent search for healing. She explored every path she could find, from meditation to diet, from massage to therapy, from acupuncture to prescribed medications, and she never backed down when the going got tough. She is an example for us all. I couldn't help but recognize (and hopefully acknowledge) myself throughout the well-written narrative of her personal struggle, but the part of

the book that I reread most is the appendix: Guide for a Self-Help Prescription. This section alone would make the book worth buying. It lays a foundation for healing that can save her readers years of research and painful struggle. I give this book an A+.

I found this book to be of little use to my own self, as I have had lupus for over thirty years.

However: the author's appendix was the best part of the book to me. For newly diagnosed lupus patients, I believe the author does have a lot to offer.

[Download to continue reading...](#)

Heartsearch: Toward Healing Lupus LUPUS NOVICE: Toward Self Healing Coping With Lupus: A Practical Guide to Alleviating the Challenges of Systemic Lupus Erythematosus Healing Scriptures for a Broken Heart: Experience Emotional Healing and Healing the Wounds of the Past Crystal Healing: How crystal healing works, crystal therapy, the human energy field, gemstones, and how to use crystals for healing and increased energy! Healing Scriptures: 300 Healing Bible Verses on the Proven Healing Promises from God's Word Healing Lupus: Steps in a Personal Journey Desperate Marriages: Moving Toward Hope and Healing in Your Relationship Healing: The Three Great Classics on Divine Healing An Adventure in Healing and Wholeness: The Healing Ministry of Christ in the Church Today Healing a Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies (Healing a Grieving Heart series) Encyclopedia of Native American Healing (Healing Arts) Crystal Wisdom Healing Oracle: 50 Oracle Cards for Healing, Self Understanding and Divination Gemstone Healing: How to choose and use the right crystal and healing technique Native American Healing Meditations: Guided Practices to Invoke the Spirit of Healing The Mindbody Prescription: Healing the Body, Healing the Pain Healing Sex: A Mind-Body Approach to Healing Sexual Trauma Music for Healing and Unwinding: Two Pioneers in the Emerging Field of Sound Healing Meditations and Music for Sound Healing: A Leading Oncologist Explores the Healing Power of Sound (Sound Medicine) Self-Healing with Sound and Music: Revitalize Your Body and Mind with Proven Sound-Healing Tools

[Dmca](#)