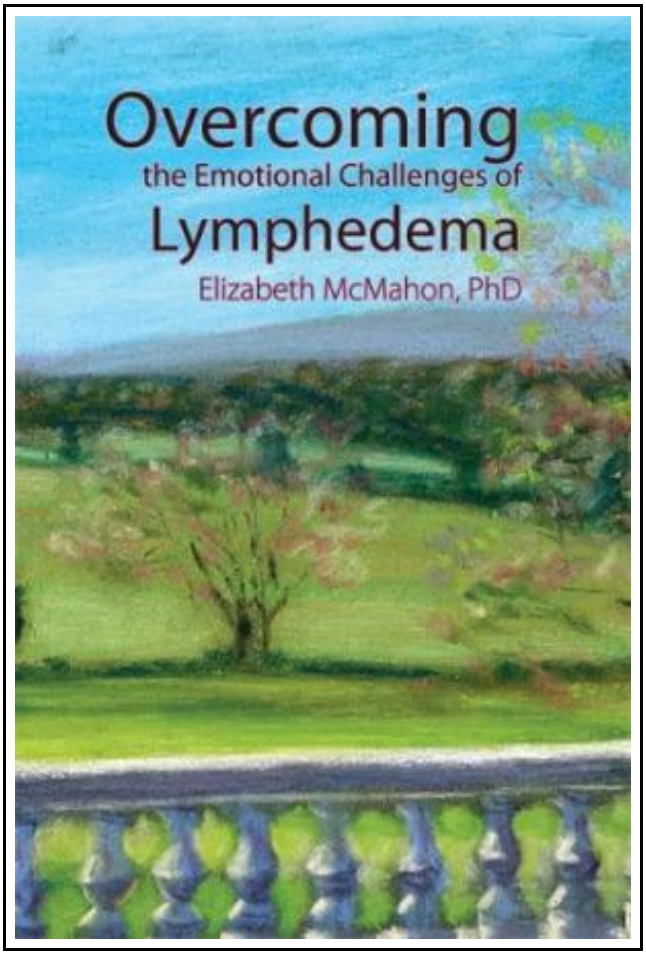
Overcoming the Emotional Challenges of Lymphedema



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Lymph Notes. Paperback. Book Condition: New. Paperback. 476 pages. Dimensions: 9.0in. x 6.0in. x 1.2in.This book will help you: Understand the emotional challenges of lymphedema Overcome these challenges and avoid common pitfalls Recognize problems and know where to go for help Communicate effectively with family, friends, coworkers, and healthcare professionals Set and prioritize your goals Identify where you are in the process of changing Choose specific actions for reaching your goals Monitor your progress and maintain your gains Learn the ten signs of good coping and six warning signs of ineffective coping This comprehensive guide includes sections for people with lymphedema, friends and family, parents of children with lymphedema, healthcare professionals, and psychotherapists. Dr. McMahon is a clinical psychologist with Kaiser Permanente, coauthor of Living Well With Lymphedema, and on the editorial board of LymphNotes. com. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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