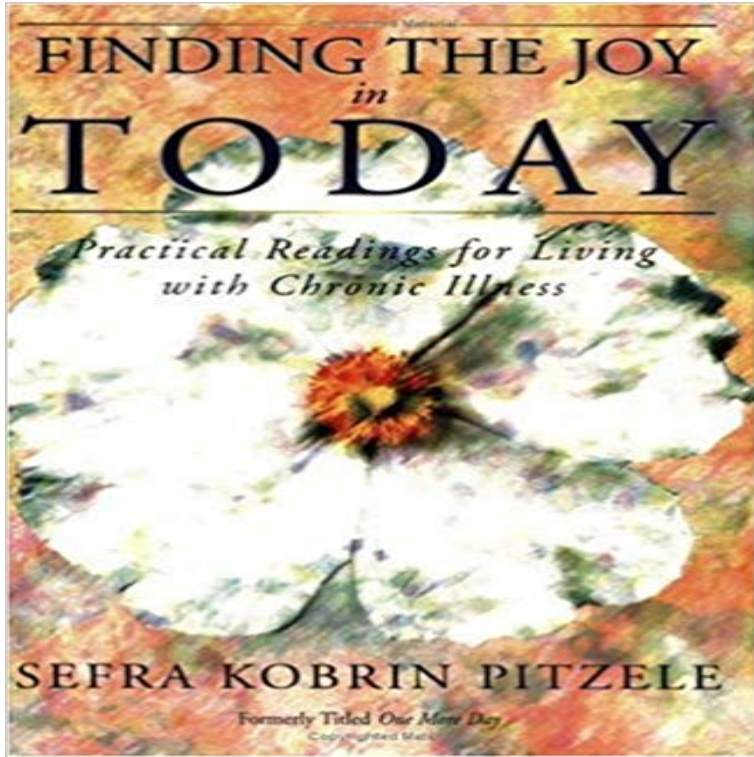


Finding the Joy in Today: Practical Readings for Living with Chronic Illness



Even life with chronic illness has its share of joy, though the daily strains and constant adjustments may make joy harder to find. This inspiring book of daily meditations takes up the physical, emotional, and spiritual challenges faced by those who have chronic illnesses, as well as their caregivers, pointing the way to the joy that each day can bring. With topics ranging from bedtime blues to crises of confidence, from the fear of pain to the healing power of laughter, these daily readings confront common problems and trying situations with practical ideas and new ways of thinking that can help people find faith, direction, and hope in the course of living with chronic illness. After being diagnosed with an autoimmune disease, Sefra Kobrin Pitzele began using her experiences to help others face serious illness and life changes. She has six books in print, including *We Are Not Alone: Learning to Live with Chronic Illness*.

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