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You Don't Look Sick!: Living Well With Chronic Invisible Illness

Joy H. Selak, Steven S. Overman MD

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You DonÌt Look Sick chronicles one personÌs true-life story of illness and her physicians compassionate commentary as they journey through the four stages of chronic illnessÛGetting Sick, Being Sick, Grief and Acceptance and Living Well. The authors address such practical aspects as hiring a doctor, managing chronic pain, coping with grief and loss of function, winning battles with health and disability insurers, countering the social bias against the chronically ill, and recognizing the limitations of chronic illness care and charting a path for change and more. This warmhearted resource helps you focus on building a meaningful life as opposed to a life of frustration and fear.

This book is thoroughly revised and updated based upon feedback from readers of the first edition. The authors have added a new section on Grief and Acceptance, address the passage of the Affordable Health Care Act and Dr. Overman has added practical travel tips that bring organization and focus to each phase of the journey. Designed for people at all stages of the chronic illness journey, this book is also illuminating for caregivers and loved ones.

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