



# A Delicate Balance: Living Successfully With Chronic Illness

*Susan Milstrey Wells*

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## **A Delicate Balance: Living Successfully With Chronic Illness** Susan Milstrey Wells

Chronic physical illnesses—such as lupus, Sjogren's syndrome, fibromyalgia, chronic fatigue syndrome, inflammatory bowel disorders, Lyme disease, interstitial cystitis, multiple sclerosis—take their toll on every aspect of a person's life. Though millions of people manage to cook, care for children, or work despite their disability, they do so with fatigue, pain, and the grinding uncertainty of living with chronic illness. A thoughtful exploration of this experience, *A Delicate Balance* provides both up-to-date practical advice and inspiration for the millions of Americans who struggle daily against chronic illness. From locating a suitable health-care provider and making sense of the powerful emotions that accompany chronic illness, to seeking accommodations under the Americans with Disabilities Act and applying for Social Security Disability Insurance, *A Delicate Balance* is informed by in-depth, personal interviews with patients, care providers, and family members. The result is a compassionate and immensely hopeful book for anyone touched by a chronic disease.

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