



Get a Grip! : A Take-Charge Approach to Living With Arthritis

Amye Leong, Joe Layden

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Part memoir, part self-help manual, this is one woman's story of living with-and thriving in spite of-arthritis, and an empowerment guide for the millions (43 million in the United States alone) who suffer from this disease.

Amye Leong was diagnosed with rheumatoid arthritis when she was eighteen years old. Chronic, debilitating, and incurable, the disease has inflicted pain and humiliation on her, and she has undergone sixteen arthritis-related surgeries, including twelve joint replacements. But Amye has not only coped successfully with the disease, she has found dignity and empowerment in a life perpetually affected by illness.

While *Get a Grip* is Amye's personal story, what she has experienced is common to all arthritis sufferers to some degree. Readers will gain hope and inspiration from her example and learn how to overcome this disease at home and in the workplace. Written by someone who has suffered with the disease for more than thirty years, and enthusiastically supported by national arthritis organizations, *Get a Grip* is an emotional and inspirational story, as well as a handbook for coping with arthritis on a day-to-day basis.

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