



# After the Diagnosis: Transcending Chronic Illness

*Julian Seifter M.D.*

Download now

[Click here](#) if your download doesn't start automatically

# After the Diagnosis: Transcending Chronic Illness

*Julian Seifter M.D.*

**After the Diagnosis: Transcending Chronic Illness** Julian Seifter M.D.

***After the Diagnosis* is a heartfelt and moving lesson on the art of living well through serious illness.**

Dr. Julian Seifter understands the difficulty of managing a chronic condition in our health-obsessed, take-life-by-the-horns, live-forever world. When he found out he was suffering from diabetes, he was an ambitious medical resident who thought he could run away from his diagnosis. Good health was part of his self-image, and acknowledging that he needed treatment seemed like a kind of failure.

In his practice, however, as he helped his patients come to terms with serious conditions, he began to understand that there were different, better ways to approach a life-altering diagnosis. In this frank account of his experiences both as a doctor and as a patient, he shares the many lessons he has learned. Writing with his wife, who has been an essential partner in his own treatment, he teaches you how to contend not only with the physical problems, the social stigma, and the emotional fallout of illness, but also with the medical establishment. Convinced that a deeper understanding of the spiritual, emotional, and physical challenges will bring not only comfort and support but also better care, he emphasizes truths rarely acknowledged in medical writing:

- that a patient is not simply a collection of signs and symptoms, but someone with a particular personality, psychology, and history; someone with idiosyncratic wishes and goals
- that blame, anxiety, obsession, and shame are inevitably part of the psychological journey, and that the doctor-patient relationship needs to make room for the whole person, including these difficult emotions
- that sometimes doctor and patient have to throw out the rule book and construct highly personal, creative solutions
- that denial, acting out, and "being bad" can sometimes be of benefit in managing illness
- that optimism and emotional resilience— both of which can be cultivated and nourished by the doctor—may contribute to what medicine calls luck
- that sickness, usually seen as alien and destructive, can become a vehicle for growth and self- realization

The message, in short, is: You are not your disease. You are you. Paradoxically, rather than destroy your identity, the experience of sickness can deepen your sense of who you are and what you can become.

 [Download After the Diagnosis: Transcending Chronic Illness ...pdf](#)

 [Read Online After the Diagnosis: Transcending Chronic Illnes ...pdf](#)

## **Download and Read Free Online After the Diagnosis: Transcending Chronic Illness Julian Seifter M.D.**

---

### **From reader reviews:**

#### **Matthew Coleman:**

What do you concentrate on book? It is just for students because they're still students or that for all people in the world, what best subject for that? Just you can be answered for that concern above. Every person has diverse personality and hobby for every other. Don't to be obligated someone or something that they don't need do that. You must know how great in addition to important the book After the Diagnosis: Transcending Chronic Illness. All type of book would you see on many solutions. You can look for the internet solutions or other social media.

#### **Joseph Herbst:**

Often the book After the Diagnosis: Transcending Chronic Illness will bring you to the new experience of reading a new book. The author style to spell out the idea is very unique. If you try to find new book to study, this book very appropriate to you. The book After the Diagnosis: Transcending Chronic Illness is much recommended to you to learn. You can also get the e-book in the official web site, so you can quickly to read the book.

#### **Marie Walsh:**

Is it you who having spare time then spend it whole day by means of watching television programs or just lying down on the bed? Do you need something totally new? This After the Diagnosis: Transcending Chronic Illness can be the respond to, oh how comes? A book you know. You are so out of date, spending your extra time by reading in this brand new era is common not a nerd activity. So what these textbooks have than the others?

#### **Larry Luis:**

That reserve can make you to feel relax. This specific book After the Diagnosis: Transcending Chronic Illness was vibrant and of course has pictures around. As we know that book After the Diagnosis: Transcending Chronic Illness has many kinds or type. Start from kids until young adults. For example Naruto or Detective Conan you can read and feel that you are the character on there. Therefore not at all of book are make you bored, any it makes you feel happy, fun and rest. Try to choose the best book for you personally and try to like reading that.

## **Download and Read Online After the Diagnosis: Transcending**

**Chronic Illness Julian Seifter M.D. #P7VF046SUR9**

## **Read After the Diagnosis: Transcending Chronic Illness by Julian Seifter M.D. for online ebook**

After the Diagnosis: Transcending Chronic Illness by Julian Seifter M.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read After the Diagnosis: Transcending Chronic Illness by Julian Seifter M.D. books to read online.

### **Online After the Diagnosis: Transcending Chronic Illness by Julian Seifter M.D. ebook PDF download**

**After the Diagnosis: Transcending Chronic Illness by Julian Seifter M.D. Doc**

**After the Diagnosis: Transcending Chronic Illness by Julian Seifter M.D. Mobipocket**

**After the Diagnosis: Transcending Chronic Illness by Julian Seifter M.D. EPub**