



## **A Resilient Life: Learning to thrive, not just survive with rheumatoid arthritis**

*OTR, Kat Elton*

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# A Resilient Life: Learning to thrive, not just survive with rheumatoid arthritis

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Too often, people faced with a disease such as rheumatoid arthritis hear words like, "disabling," "progressive," or "tragic." "Tragic" may be what people are saying but the real tragedy is that these often repeated words do nothing but harm to those who hear them. They completely ignore a very real truth: physical issues can absolutely lead to positive transformation, action, challenge, inner strength, deep courage, and compassion. This unique book is written by someone who knows her subject well. Kat Elton, an occupational therapist and woman who's had rheumatoid arthritis since age two, knows that people with RA don't need false hope or to be told what to do. What they do need is to be led toward believing in themselves and improving their reality no matter what it is. Part practical guide, part workbook, part memoir, this book demonstrates that although there is no magic bullet or cure for rheumatoid arthritis, there is a way to live well with this disease.

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