

# BEING WELL

## WITH CHRONIC ILLNESS

by Kat Hill & Nancy Peate

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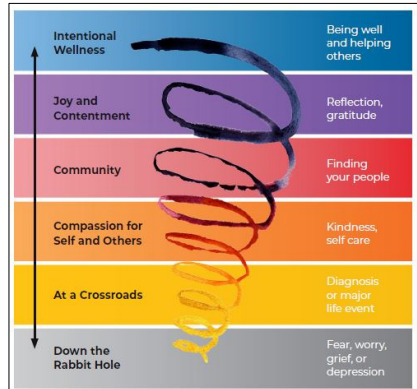
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More than 40% of the US population are affected by chronic diseases. ***Being Well with Chronic Illness*** is a guide book for every single one of those people suffering with chronic illness looking to live full lives characterized by joy, resilience, and wellness.

Receiving a diagnosis of terminal illness is a turning point in a person's life where everything they've ever known is suddenly turned on its head. Negative emotions like anxiety, depression, anger and uncertainty are ever-present, while the way forward back to health and wellness seems full of twists and turns. This is because the path to wellness—and away from wellness—is a *spiral*.

***Being Well with Chronic Illness*** introduces the simple, but powerful concept of the Wellness Spiral, an actionable pathway anyone can follow to turn bad life events to opportunities for growth and wellness. The intricacies of the Wellness Spiral lay out a road map to how we respond to life's harshest challenges—and how we can rise above them.



**Kat Hill** has a degree in Public Health, Nursing and Midwifery. She has worked as an educator and nurse, but after her diagnosis of young onset Parkinson's Disease, she has devoted her time as an advocate for persons with chronic illnesses. She is currently an Ambassador for the Davis Phinney Foundation and sits on the patient advisory committee for the World Parkinson Coalition. She spoke at the World Parkinson's Congress in Kyoto, Japan in 2019. She has a podcast, PD Lemonade, that focuses on wellness and resilience.



**Nancy Peate** writes and speaks about wellness and how to live one's best life despite chronic illness. A research librarian by profession, research topics of most interest include resilience and chronic illness, particularly Parkinson's disease. She has participated and volunteered for the Parkinson's Resources of Oregon, the Davis Phinney Foundation, and the World Parkinson Coalition. She spoke at the World Parkinson's Congress in Kyoto, Japan in 2019 and hosts a monthly Parkinson's support group.

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