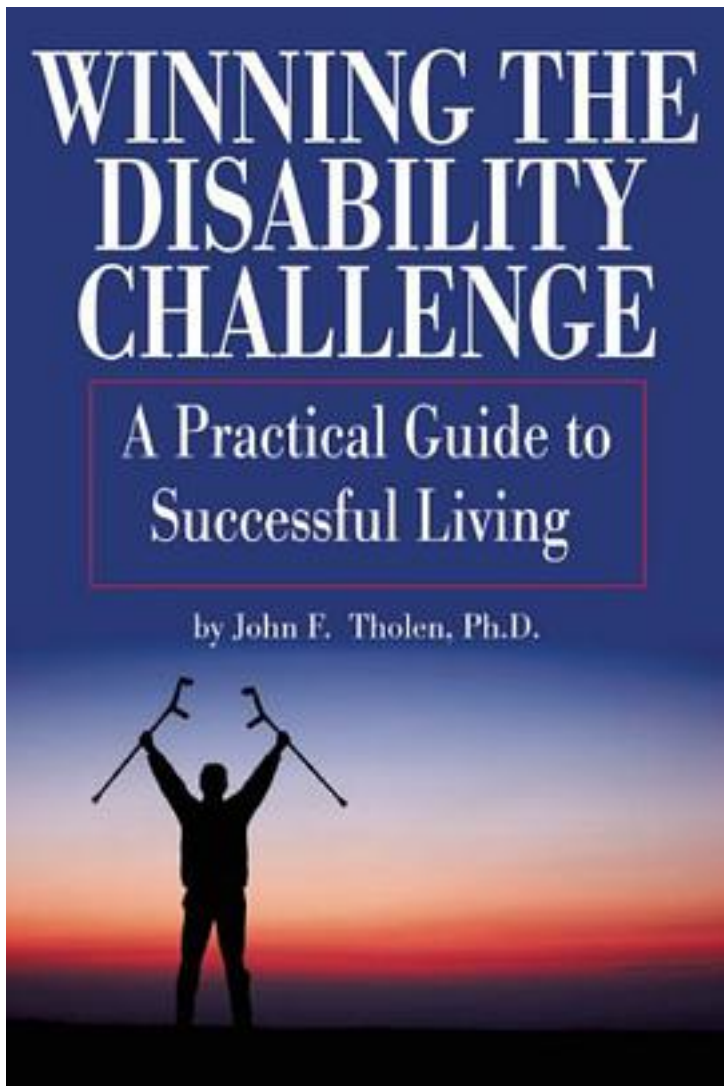


# Winning the Disability Challenge



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Losing the capacity to work can be a life-changing event, one that can challenge a person's most basic notions about life itself. Each year, as a result of injury or illness, millions of American workers and an ever-growing number of Iraq war veterans are confronted with a profound sense of helplessness, insecurity, and self-doubt stemming from their inability to continue work. Winning the Disability Challenge charts a course of action to personal security and self-fulfillment and guides the disabled worker through both the emotional trauma of occupational disability and the complex world of disability rights and resources. It explores the frustrations of the newly disabled and explains disability benefits while offering 100 affirmations that provide comfort and help readers get back on track. This invaluable resource also includes a program of simple management methods for improving overall health, managing pain and insomnia, and coping with depressive and distressing symptoms.

作者介绍:

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