

Life Disrupted

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"It's inspiring to hear such a fresh and important voice."
—KRIS CARR, author of *Crazy Sexy Cancer*

Getting Real About
CHRONIC ILLNESS
in Your Twenties
and Thirties

LIFE *DISRUPTED*

LAURIE EDWARDS

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An inspiring guide to staying in control of your health care, your life, and your dreams despite having chronic illness, by a popular journalist and award-winning blogger. Twenty-seven-year-old Laurie Edwards is one of 125 million Americans who have a chronic illness, in her case a rare genetic respiratory disease. Because of medical advances in the treatment of serious childhood diseases, 600,000 chronically ill teens enter adulthood every year who decades ago would not have survived--they and people diagnosed in adulthood face the same challenges of college, career, and starting a family as others in their twenties and thirties, but with the added circumstance of having chronic illness. "Life Disrupted" is a personal and unflinching guide to living well with a chronic illness: managing your own health care without letting it take over your life, dealing with difficult doctors and frequent hospitalizations, having a productive and satisfying career that accommodates your health needs, and nurturing friendships and a loving, committed relationship regardless of recurring health problems. Laurie Edwards also addresses the particular needs of people who have more than one chronic illness or who are among the twenty-five million Americans with a rare disorder. She shares her own story and the experiences of others with chronic illness, as well as advice from life coaches, employment specialists, and health professionals. Reading "Life Disrupted" is like having a best friend and mentor who truly does know what you're going through.

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