



You've Gotta Fight Back!: Winning with Serious Illness, Injury or Disability

Dirk Chase Eldredge

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The heart of this book consists of thirteen, riveting, in-depth stories of people who fought back with courage, humor, and a positive attitude. In doing so, they have provided valuable guidance for you, the readers of this inspiring work.

- The seriously ill, their friends and family will gain priceless advice on coping, dealing with depression, how to partner with the medical profession, the tremendous value of self-help groups and the vital importance of attitude.
- Those with disabilities will learn how others have successfully played the hand they were dealt and managed to live successful, fulfilling lives. The disabled and those with serious illnesses can learn from each other. There are no silver bullets buried in these pages, just the sound, useable experience of others.
- Caregivers, be they family, friends, or health professionals will gain great insight from the in-depth stories of survivors, the bereaved, and those who died with grace and even style.

"This book helps sufferers and caregivers alike to make sense of their situation, to avoid the mistakes while copying the successful strategies of these very real people."

-Bob Rich, PhD, author of *Cancer: A Personal Challenge*

"Far from a mere theoretical discourse and despite its potentially morbid topic, it brims with life: real cases, real people, real triumphs over a variety of illnesses and the distress they cause. A treasure trove of celebrated stories of survival and passages from the memoirs of those who made it." -Sam Vaknin, PhD, author of *Malignant Self Love*

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