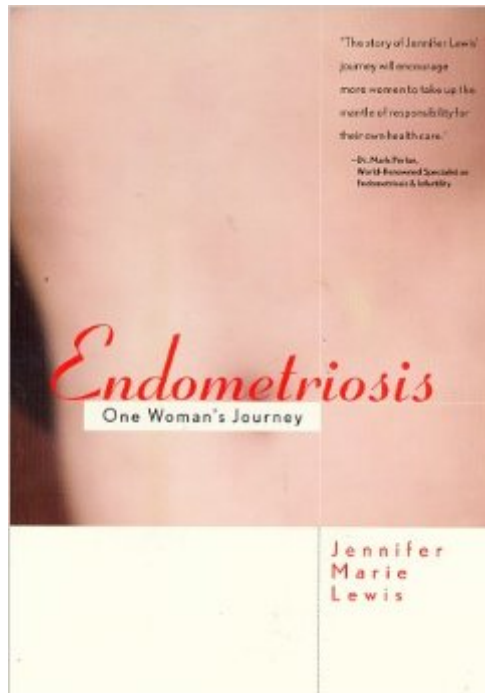


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# Endometriosis: One Woman's Journey



## Synopsis

One Woman's Journey is a comprehensive guide to understanding any coping with an elusive affliction that--directly or indirectly--most likely affects someone you care about and which, until now, has not been fully explored.

## Book Information

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (62 customer reviews)

Best Sellers Rank: #4,632,495 in Books (See Top 100 in Books) #45 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endometriosis](#) #788 in [Books > Medical Books > Medicine > Internal Medicine > Reproductive Medicine & Technology](#) #3434 in [Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology](#)

## Customer Reviews

I have so much admiration for the courage this young woman has. By telling her story she has helped us more than any single resource available. After many unsuccessful visits with all the wrong Dr.'s and asking all the wrong questions, an ob-gyn at the Mayo Clinic in Rochester recommended Ms Lewis's book and said the Mayo Clinic had it available. We went there for yet another opinion for my angel of a 17 year old who has no life due to this horrible disease. We read it together and cried through almost every part where the author shares her "Journey. It had been so much like our own up to that point. It was very encouraging to my daughter and me. Thank you to Jennifer Lewis for this amazing book. I noticed the author dedicated the book to her mother and that touched me deeply having been through so much with my baby girl. Thank you, Jennifer! I recommend this book to anyone looking to understand more about Endometriosis and how to take charge. Also, you can bring it along with you to your Dr. as we did as there's a section for journaling specific things as well as what questions to ask our doctor from medications to surgery. You can't go wrong purchasing this incredible book.

My sister has had endometriosis for 8 years. I have seen her go through this with no one to relate to, until she read Ms. Lewis's book!! found it so amazingly helpful for both of us. I better understand what she is going through, and she now has hope and someone to talk to who understands. Jennifer herself has been a consistent source of support for both of us, writing and calling frequently. I am relieved that finally someone has written such a personal account of their struggle with endometriosis. Thank Goodness for this book!! Emilee Wyatt

If you want to learn about endometriosis, skip this book. It's devoid of factual information. Instead, the author has made up her own terminology, created her own theories, misinterpreted research findings, and added a brand new staging category for the bewilderment of her readers! Her experience is also extremely unique. She says she had a hard time convincing her physicians she needed a hysterectomy. However, as a woman with this disease, my experience has been quite the opposite -- most doctors are more than willing to suggest (and sometimes push) hysterectomy, even with young women. It has been a struggle for me to convince them I'd like to keep my organs, thank you very much. However, this book is overwhelmingly pro-hysterectomy. That, coupled with the blatant errors, really turned me off.

Thank you, Jennifer Lewis! When your book fell into my hands I was about ready to give up. No one had ever been straight with me, maybe because they did not know or because they just thought it was not important enough. For the first time I feel validated in my depression, pain, symptoms and especially how this disease has affected my marriage of 18 years. I have hope for my future. I had my husband read your chapter for men and since then things have been so much better. We are learning to use your communication tools and they are working! We actually TALK about this now as he says he was afraid of it, now he isn't. I am so grateful. A MUST for anyone with endo. Especially those with family or friends that NEED information. Elisabeth

Jennifer Lewis has written a book about her astounding efforts to overcome a terrible illness, endometriosis, and in the process demonstrates how others can cope as well. I will spare the details of the book, except to say that she offers her first hand account of a decade and a half long battle with endometriosis, the excruciating pain and trials that accompanied it, and provides a thorough review of therapies and treatments by which others may benefit. In addition, she offers chapters on patient advocacy with the medical establishment, the male perspective, helpful resources, ways to track the illness and its symptoms - such as keeping a diary, and much more. In facing her own

adversity, Ms. Lewis shows that it is possible to find faith, peace, and dignity in a world of pain, hopelessness, and regret. A must read for anyone diagnosed with endometriosis.

Jennifer Lewis has written a many-layered guide to dealing with endometriosis. As well as telling her endometriosis story, she also offers comfort, support, and hope for those who are dealing with this condition. After reading her heartbreakingly honest description of the trips to the ER, and dealing with years of severe pain, I wondered how the other chapters would measure up. In fact, I found that her story became the perfect springboard for discussing the main thrust of this book: patient advocacy, or, in other words, taking an active role in your own health. This theme pervades the book, especially when it gives tips for dealing with your doctor, and about the pain that the author went through before finding a doctor that would perform the surgery she needed. Also threading through her story, is the reassurance that there are other women out there, that you, the reader, are definitely not alone with this disease. She offers support for those who are giving up hope, and offers comfort for those who think they've tried everything their doctors can think of. One chapter is devoted to the personal letters from other women with endometriosis, with a few that made tears come to my eyes. The author even includes letters between herself and her husband, a telling look into the stresses that endometriosis can cause within a marriage, and within a family. She includes a section for men, and offers suggestions for the men who love and live with women who deal with this disease. Even if you've read all of the other endometriosis books out there, this one is definitely a keeper. The author's frank tone and honest empathy with her readers brings you close to her, and her words give you the confidence and knowledge that you need to start understanding endometriosis. I would recommend this book, as a necessary guide to improving your understanding of endometriosis, as well as providing the steps to bettering your own health.

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