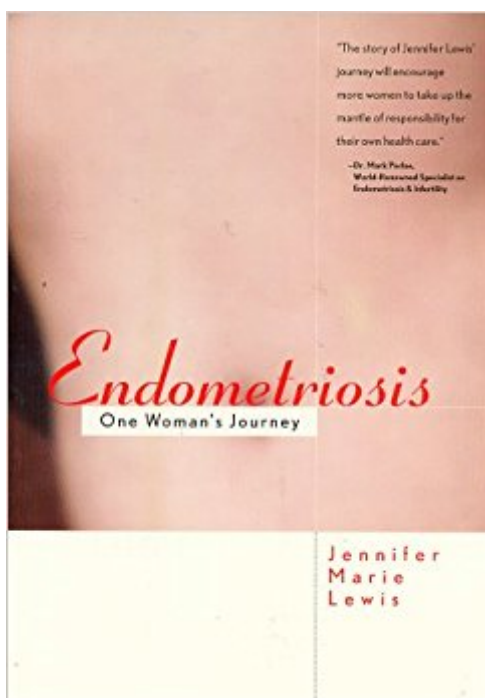


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Endometriosis: One Woman's Journey



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

Paperback: 192 pages

Publisher: Griffin Publishing Inc. (March 1998)

Language: English

ISBN-10: 1882180917

ISBN-13: 978-1882180912

Product Dimensions: 10 x 7 x 0.5 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 4.0 out of 5 stars 62 customer reviews

Best Sellers Rank: #6,144,010 in Books (See Top 100 in Books) #58 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endometriosis #975 in Books > Medical Books > Medicine > Internal Medicine > Reproductive Medicine & Technology #4343 in Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology

Customer Reviews

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.

I was diagnosed with Endometriosis in 2001 and had my first laparoscopy that same year. In December 2002, I was back in the ER for terrible, chronic pain. Since then, I have been prescribed various opioid pain killers, but will still need to have another surgery. I have researched this disease since my pain came back with a vengeance, and this book was one of those I selected. To be honest, I was not thrilled. I didn't understand the chapter of readers letters... To me, it just put Jennifer in a light of some sort of sainthood and then allowed the reader to see that others have this disease. It felt like filler, to me. While the information in her book is simple and basic to understand, its focus is on hormonal management of this disease--when it is an unproven measure that fully helps women reclaim their bodies. I wish Jennifer dealt with the issue of the finite nature of this disease---that once the cells are destroyed that carry it, *it cannot come back*!!! I was surprised to

hear this, too, since my mother and aunt both had hysterectomies (as did this author). Actually, a woman can find a surgeon specialist in Endometriosis and it's documented that the disease cannot come back. You need a good surgeon, not drugs. . I have taken the Yasmin to stop my period, and two weeks later my pain is still here. I've taken those pills for ththree months now, and I still have pain. I'm researching excellent surgeons now. I have found resources of other women who have had good surgeons, and I am using that information to help myself! Please, if you get one book on this disease, make it "Coping With Endometriosis: Sound, Compassionate Advice for Alleviating the Physical and Emotional Symptoms of This Frequently Misunderstood Illness". It covers all of the information in Lewis' book and more. I wish I hadn't wasted my money on LewÃ-s' book.

This book is not medically sound. I posted a while back (March, 2003) when I first read it. Since then I have mentioned the ideas to my reproductive endocrinologist that Jennifer states in her book, and -*JUST* as another reader experienced- I was told "that's not true".After a four-hour laparotomy for this disease in May of this year & going through my endo library, this is the worst book I have. I'm afraid to sell it online because I don't want to pass on the bad advice. While you may read the first few pages of the book (or even read the sample pages herein), don't be fooled. This book would be better suited as a blog or web diary, rather than an actual published book.The reasoning? It would have been free. I wouldn't have objected if she actually wrote medical facts, as opposed to opinion (hence: her data is not backed up!), if she would have provided coping information (nope, it's a pity party and you're invited...and in fact, PAID to attend), and if she would have crafted a book that helped.Instead, when I finished the book, I felt worse off. While I value a woman's experience with a disease, 1- I don't champion the concept of only telling your story (diary?) without helping your readers see the larger picture, 2- writing NON-medically sound opinion without fact, 3- including filler of letters to Jennifer ('oh you are so nice'), and even suggesting that people can write to you, and, for a fee, you will assist.The woman is not a professional! He*I, she's not even a licensed counselor.THE BOTTOM LINE: Don't get me wrong-- I understand about having days so bleak and so painful that you can't even see the sky. However, when I read a book about this disease, I don't want to put up a tent and make camp in the lowest depths of my soul (and not to mention, that the tent is made of heresy & opinion, not fact).Invest in yourself and get Coping With Endometriosis: Sound, Compassionate Advice for Alleviating the Physical and Emotional Symptoms of This Frequently Misunderstood Illness. It has better coping tools, discusses the entire nature of this disease based in science (but written conversationally), and helps you heal as a whole woman who happens to have endo, instead of a diseased woman. I will not let this disease win. After reading

Jennifer's book, I felt beaten--as if there was no sky. I don't expect a book to sugar coat a disease. But I do expect a book to be scientifically justified/based & seem to come from the premise of support, help and assistance. Unfortunately, Lewis' book was none of these, but shameless self-promotion. There are better books out there. If you MUST buy this book, buy it on clearance.

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.

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