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# You're Sick, They're Not--Relationship Help For People With Chronic Illness And Those Who Love Them (Sick & Tired Series)

*...an amazing read  
for both my husband and myself  
and helped us to focus on us  
and not just my illness.*  
- Jennifer  
Chronic Illness Sufferer



## YOU'RE SICK THEY'RE NOT

Relationship Help for People with Chronic Illness And Those Who Love Them



Kimberly Rae



## **Synopsis**

The over 133 million Americans who live with chronic illness often feel misunderstood and lonely. Those who love them and live with them battle feeling overwhelmed and unappreciated. Is there a way for both sides to be understood, helped and loved? Author Kimberly Rae, who has been both sick person and caregiver, says yes. Find out: \*How different personality types respond to crisis. \*The 5 love languages in connection to illness. \*How to avoid friction over the holidays. \*What to do about the people who just don't get it. You're Sick, They're Not includes Questions and a Bible Study section for each Chapter! Also includes comics by award-winning cartoonist, John McPherson, of Close to Home comics! Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management Health > Fitness & Dieting > Personal Health > Women's Health > Interpersonal Conflict > Family Relationships > Personality Types > Love Languages > Crisis Management

## **Book Information**

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## **Customer Reviews**

This book is similar to Kimberly Rae's book called Sick and Tired. Since I benefitted from her book Sick and Tired, I decided to purchase this book. And I am so glad that I did for these reasons: 1. Sections in the book for caregivers as well as sections in it for the person being cared for. This

assisted me greatly because I volunteer at a day care center for Dementia participants. This book gave me tips on how to perform small yet meaningful things such as brushing the hair, bringing a flower, bringing fruit and more...<sup>2</sup> Since I have read this book, I have more compassion and understanding when I am volunteering.<sup>3</sup> This book is written in conversational form. It is as if Kimnerly is sitting at a table with me sharing it with me. For me, I totally enjoyed this book and rate it 5 stars. Highly recommended.

I enjoyed this book so much. I found myself continuously nodding my head in agreement, or making notes on what was said. It was so accurate to my life since I battle a lot of similar diseases as the author. I have recommended it to everyone I know who could benefit from it. It truly gives you a great outlook on both sides of the story. I'm excited to move on to book 3.

You can tell that this book is written by someone who has been there and completely understands what we go through as sick people! This is an excellent book for both the sick and their loved ones/caregivers.

Love it! It was good, if you have a spouse or care taker they need to read this also it is so helpful.

Oh my God! I usually do not write reviews but this book is so bad that I have to. It is not a book about illness but a book about religion. I thought it was a serious book about understanding people with chronic illness. However it contains sentences like "Ask God if you should do this or that ....". "God never gives you more than you can bear" and s\*\*\* like that. Every chronically ill person will be humiliated like this in this book. If you look for something serious buy something else.

This proved to be very helpful insight as to relating to sick people and understanding their reaction to that relationship. I believe that Kimberly Rae has the first hand knowledge and experience to share with readers what sick people feel and think about our well meant but not so much wanted words and questions. Since we will all at some time in our life be sick and deal with the sick, then having the thoughts and feelings of someone who has experienced this for many years and is willing to share seems like a win, win. Not only for the sick, but for the caring.

For the newly diagnosed this book has helped me and my struggling relationship through some hard times. I found myself referring to the book and asking my husband to consider my feelings as I

considered his. This book was an amazing read for both my husband and myself and helped us to focus on us and not just my illness.

Kimberly Rae writes about difficult subjects with wisdom and compassion from her own experience. Her books are delightful to read and also carry a strong message of hope and faith. I have read many of her books and will continue to do so.

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