



Epilepsy You're Not Alone: Special Edition

Stacey Chillemi

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Epilepsy You're Not Alone is a 273-page book targeted for individuals who have epilepsy. Unlike other books on epilepsy, it will focus on the facts of the connection between the mind, body and spirit as it relates to epilepsy, showing readers how to use that connection to cope with epilepsy. Epilepsy You're Not Alone presents readers with a workable program for coping with their disorder and forming a healthy relationship with their mind, body and spirit enabling readers to overcome their disorder and get on with their lives. Lad - Star Ledger Newspaper Chillemi is the author of epilepsy you're not alone, an inspirational book written for people living with epilepsy. Inspired by her own battles with epilepsy, chillemi wrote a book to give those coping with the disorder greater self-esteem, hope and motivation to continue living normal lives.

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