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Journey Beyond Diagnosis: Support During and After Illness for Survivors and Those who Love and Care For Them

Greg Pacini

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Journey Beyond Diagnosis takes a compassionate look at the vast landscape of an illness experience. Greg Pacini-a licensed counselor and certified group psychotherapist-offers this book as assistance to survivors, caregivers, and medical professionals by likening an illness experience to long distance highway travel. Pacini not only illuminates the ups, downs, and curves of the journey, he offers important information about the trip from those initiated to illness. Eleven Rest Stops-step-by-step techniques for making the journey more comfortable-are interspersed throughout the narrative. These Rest Stops include strategies for responding to relationship tension, sleep problems, and depression. There are also special sections for caregivers and health care professionals. Journey Beyond Diagnosis is an invaluable tool for survivors of illnesses as well as their loved ones and caregivers. Pacini's analogy to a long drive proves insightful, and the text illustrates that an illness experience is indeed a journey of body, mind, and emotion.

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