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Sick and Tired: Empathy, Encouragement, and Practical Help for Those Suffering from Chronic Health Problems

Kimberly Rae

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Nearly one out of every two Americans has a chronic health issue, so it's safe to say you either have a health condition, or you care about someone who does. How do you live with the day-to-day struggle? Is it possible to have joy despite saying no to activities/food/opportunities/parties when you'd rather say yes? How do you explain your limitations to people who don't understand?

In *Sick and Tired*, author Kimberly Rae takes you on a journey toward personal peace. With humor and transparency, she offers encouragement and practical tips for the daily struggles. Find out how God's truth will change your perspective, giving you strength beyond yourself and sight beyond your limitations. Come along and enjoy, knowing you are not alone ... and there is hope!

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