

Reclaim Your Life

Release the Fear and Embarrassment

For Women Who Suffer and Those Who Share Their Journey

JoAnne Lake's story is engaging. It inspires, while offering suggestions for managing life's hurdles. In an honest, will-to-succeed style, this journey focuses on a neurogenic bladder and bowel condition in which a person lacks control due to a brain, spinal cord, or nerve condition. The source can be aging, a chronic health condition, trauma, or many other causes. Whether diagnosis is an underactive or overactive bladder, with varying symptoms, the difficult daily reality is shared.

- ✿ Valuable guide, much like a fresh prescription filled with practical advice
- ✿ Educates, empathizes, and encourages women who struggle with the same health issue
- ✿ Written with a girlfriend-to-girlfriend feel, sharing the path to survival and success
- ✿ Sprinkled with Tips and Knowledge Nuggets that highlight points of importance
- ✿ Equips the reader to live every day to the utmost

With input from expert medical research librarian, Julia Parker, MS, MLIS readers will discover current research and facts, equipping them to meet their challenges and work with medical teams. Also, valuable for healthcare professionals to share with patients.

"Offers a candid memoir of her experience with neurogenic bladder and a wealth of practical advice about coping with its daily complications. An invaluable resource for NB sufferers."

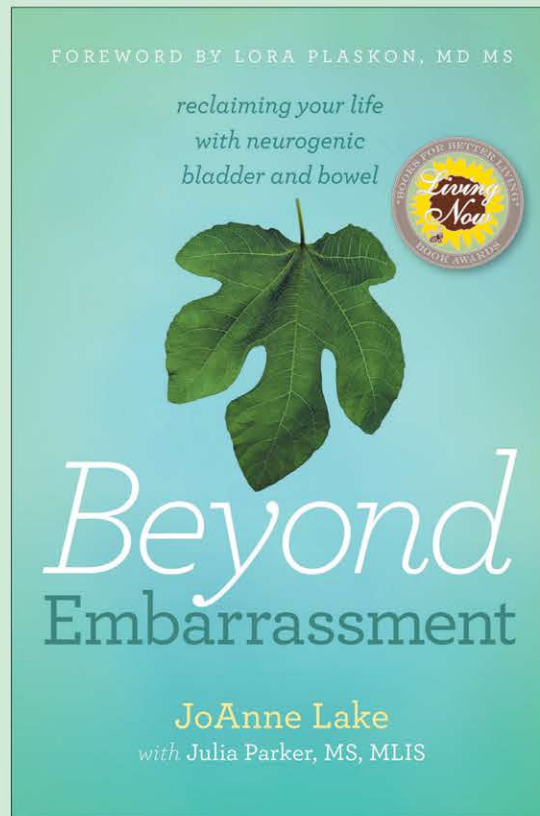
—Kirkus Review

"This is the best and most complete book on neurogenic bladder syndrome that I have read in my 30 years of family practice medicine. I will use it again and again as a resource and refer my patients to read this excellent book."

—Kathy Matteson, MN FNP, ND Medical Provider

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