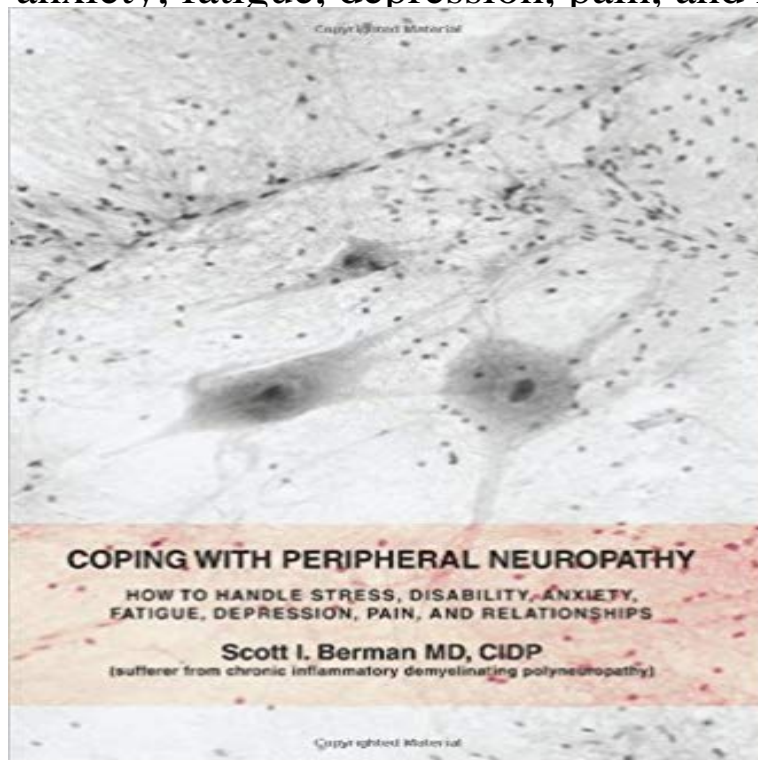


# Coping With Peripheral Neuropathy: How to handle stress, disability, anxiety, fatigue, depression, pain, and relationships



Peripheral neuropathies are a large group of chronic illnesses that cause changes in your life far beyond simply damaging nerves. Sufferers often confront pain, weakness, depression, anxiety, fatigue and insomnia. In addition there are long term changes in roles and relationships. Dr. Berman tackles these psychological and social issues in Coping with Peripheral Neuropathy from the viewpoint both of an experienced psychiatrist and of a fellow-sufferer with neuropathy. He details strategies to deal with changing roles at work and at home. He explores relationships and sexuality. Dr. Berman lays the groundwork for learning to cope and improve your quality of life in the face of these chronic diseases. He draws on experience treating chronically physically ill patients including neuropathy patients, as well as his own experience of having a neuropathy for ten years. Many good references are included to expand your knowledge and provide additional help.

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