

PRESS RELEASE: LUPUS: 365 TIPS FOR LIVING WELL  
BY JESSICA ROWSHANDEL, LMSW  
November 20, 2015 (New York, NY)

## New, Year-Long Guide to Living with Lupus Helpful Tips to Make Life Easier Every Day of the Year

Written by a social worker with extensive experience working with the lupus community, *Lupus: 365 Tips for Living Well* is an essential guide packed with expert advice and strategies to improve your quality of life with lupus.

This guide is filled with practical tips and support to address all your concerns and offers easy-to-implement ways to face common challenges that may be affecting your social life and emotional health, work life and personal goals, as well as family life and passions. Rowshandel offers a daily tip to help you live your life to the fullest with lupus. This empowering guide will also help you:

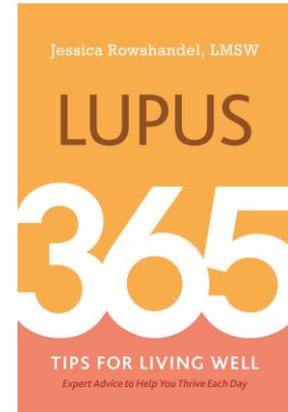
- Get the medical care you need
- Learn about alternative and complementary therapies
- Manage lupus fog
- Reduce stress, fatigue, and flares
- Maintain healthy relationships with partners, friends, family, and children
- Deal with work-related issues, employers, and co-workers

### About the Author



**JESSICA ROWSHANDEL**, LMSW, is the former Director of Social Services of the S.L.E. Lupus Foundation and was the author of the Foundation's monthly column about coping with lupus, called *Jessica's Coping with Lupus Corner*. She lives in California.

**AUTHOR IS CURRENTLY AVAILABE FOR INTERVIEWS.**



**LUPUS: 365 TIPS  
FOR LIVING WELL**  
EXPERT ADVICE TO HELP YOU  
THRIVE EACH DAY  
Jessica Rowshandel, LMSW

On Sale Now!  
Paperback • 6x9 • 160 pp • \$16.95  
ISBN: 9781936303878  
Available wherever books are sold  
and as an e-book.

### Praise for *Lupus: 365 Tips*

"A comprehensive, yet easy to understand essential guide for individuals with lupus, their loved ones and anyone going through a possible diagnosis. By educating and empowering people to become actively engaged in their treatment and encouraging participation in the lupus community through advocacy and research, Jessica Rowshandel delivers a valuable resource at a time when the patient voice is more relevant than ever."

*—Kathleen A. Arntsen, President and CEO of Lupus and Allied Diseases Association, lupus patient, and national autoimmune advocate*

CONTACT:  
Lucy Frisch, Associate Publicist  
lfrisch@demoshealth.com  
212-804-6337