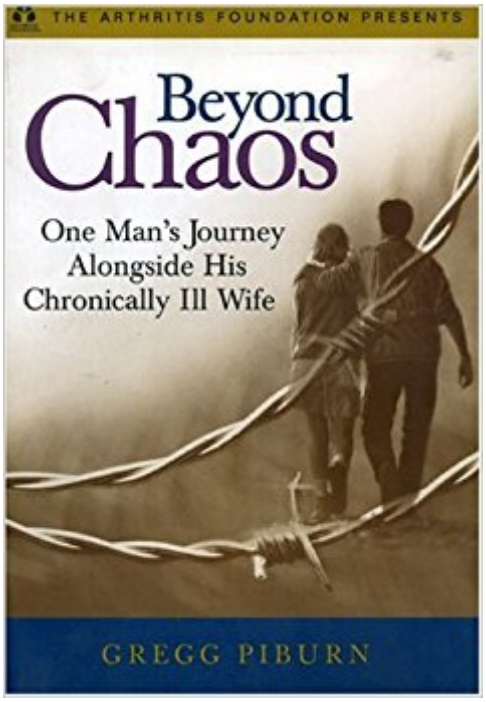
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Beyond Chaos: One Man's Journey Alongside His Chronically Ill Wife



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Synopsis

(Arthritis Foundation) Text for those caring for a loved one with a chronic illness. Essay topics range from hugs to threats, guilt to confidence, China dolls to masturbation, love to emotional affairs, connections to addictions, truth to lies, and from grief to growth. Each section ends with an action page to encourage personal reflection and possible action by the reader. Softcover.

Book Information

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Average Customer Review: 3.6 out of 5 stars 25 customer reviews

Best Sellers Rank: #694,302 in Books (See Top 100 in Books) #145 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia #272 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #2411 inÃ Â Books > Medical Books > Medicine > Reference

Customer Reviews

Piburn has written a series of painfully honest essays chronicling his journey of understanding and personal growth after his wife’s diagnosis of fybromyalgia, a condition related to arthritis, thrust the role of caregiver upon him. Piburn, a management communications consultant and former newspaper columnist, uses his own experience and expertise to write a very readable personal narrative of his 14-year journey alongside his wife. Quoting Benjamin FranklinA"Those things that hurt, instruct"APiburn offers insights into the complex relational and communications issues that may arise in this situation. Also included are short exercises to help the reader get more from the book. A brief list of suggested readings is also provided. Piburn’s intelligent and well-written book transcends the specifics of arthritis and will be of value to anyone who shares life with a chronically ill family member. Recommended for consumer health collections.ALisa McCormick, Jewish Hosp. Lib., Cincinnati Copyright 1999 Reed Business Information, Inc.

My husband, who is not remotely into self help books, found this book very validating and

supportive of his feelings on the other end of illness, and I found the candor refreshing and gained a lot of insight into my husband's experience. Initially we had experienced some trouble feeling free to share our negative feelings about my illness and we even tried couples counseling, which did help. Each of us was busy trying to spare the other from hearing about our fears and our grief.In addition to the value of hearing from someone who has been through similar experiences and had similar feelings, there are tools for communicating. I don't care who you are, serious illness will strain your ability to communicate as well as your normally would and without communication marriages under this kind of stress can fall apart.Beyond feelings and communication I found it validating to hear about how the caregiving spouse can become overprotective while most of us who are cared for want to be as independent as we can--even if it might bring us more pain. It helped me to push back a little and insist on my right to do what I can for myself, when I can, and to assertively set boundaries. My husband learned why this was an important thing for me to do and in fact, it took some of the burden off of him as a caregiver. He found he didn't have to do as much as he imagined he did and had a little more space for himself. When living with chronic illness, we both had to learn to pace ourselves.No one book on this topic can represent everyone's experience, of course. We are all different and bring our differing life experiences and personality to the table. Each of us will take away different things from this book. I am glad there is a good book out there that tells the story from a husband's perspective because mine was feeling quite isolated. While women may find support groups or that one good friend who can talk about anything, men don't sit around and talk about feelings much. So when serious things like this hit them, their male friends are sympathetic but don't always have the skills to be helpful or know how to express themselves. In the absence of that kind of support, this book is a life preserver.

This book helped me so much. I have lived with chronic illness for a long time and this book helped me to see things from my husband's perspective.

Hello, I have numerous chronic illness and pain problems and am finding it very hard to get support because many of my symptoms are subjective or "invisible". I have FMS, MPS, CFS, DDD, Bulging discs and numerous spinal problems, plus chronic pain syndrome. My only support is my husband and he's still in the denial stages, so I picked up this book for HIM. I read it 1st and put tiny little notes in the margin for him. The book is separated into 4 sections and each section has suggested very helpful exercises for the reader. It teaches communication and strengthening of the marriage, this book shows how one can be supportive without using the usual patient/caretaker roles that can

be demeaning and frustrating to both. I read the book in 2 days and I highly recommend it to the partner of anyone suffering any chronic condition (and also to the person suffering as well). The book is thoroughly honest and open about the total experience of dealing with a partner, accepting the losses and grieving the way your partner used to be then appreciating the person your partner is now. It is the only book of this kind available and even if there were 50 like it, this one would be at the top of the list.

Good read. It’s from spouses perspective of living with the struggles of FM.

This was about a depressed woman with fibro. She was so far from the disabilities I face, I couldn’t even deal. Not to mention, they kept adopting and returning dogs to the pound. I couldn’t identify or like this family.

The author claimed to not be a whiner, but then spent the entire book interweaving whining with story-telling.

I began reading this book, along with my wife, as was suggested the author. It’s a well written book, spoken from a very personal place, but is also written in a way that I think anyone in the predicament he writes about can relate to. We’re both looking forward to continuing this adventure that Pilburn, sometimes playfully, sometimes humorously, sometimes painfully, shares in his book.

I have fibromyalgia and this book brought me to tears at times knowing that my husband is feeling the same way as this author. The stress on the spouses is enormous, I found this book hard to put down because "we" are living it!! It does leave you with the feeling that "the Intruder" in anyone’s life is unwelcome..a true pain...but that love and determination can see you through!! I highly recommend this book.

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