



LIVING WITH EPILEPSY

A personal story about loving someone with epilepsy

JASLYIN QIYU

Perseverance My Story Living With Epilepsy

Kerri Croake



Perseverance My Story Living With Epilepsy:

Epilepsy You Are Not Alone: A Personal View on How to Cope with the Disorder Stacey Chillemi, 2024-07-25 Living with epilepsy can be a lonely and arduous journey filled with constant challenges. But amidst the struggles, know that you are not alone. In the heartfelt book *Epilepsy You Are Not Alone*, Stacey Chillemi extends a compassionate hand to guide you through this debilitating disorder. This isn't just a book on epilepsy; it's a beacon of light illuminating the way to overcoming the hurdles that epilepsy brings. Chillemi delves deep into the complexities of managing the condition, offering practical advice rooted in both scientific knowledge and her personal experiences. From reshaping your thoughts to adopting new perspectives, this book presents tangible strategies for finding joy and productivity in your daily life. What truly sets this book apart is the inclusion of over 30 poignant stories from individuals worldwide who have triumphed over epilepsy. Their narratives of resilience offer hope, inspiration, and a sense of belonging to those navigating similar challenges. Through these stories, Chillemi proves that a fulfilling life is within reach despite the adversities faced. *Epilepsy You Are Not Alone* is more than just a book; it is a lifeline for those impacted by epilepsy. Whether you are newly diagnosed or have been living with the disorder for years, this book equips you with the knowledge, tools, and community support needed to conquer epilepsy and lead a purposeful life. Don't allow epilepsy to hinder your journey. Be part of the community that has found comfort and empowerment through *Epilepsy You Are Not Alone*. Grab your copy today and take that crucial first step towards reclaiming your life.

Sailing Through the Storms of Seizures Jon Sadler, 2018-06-25 Jon has lived with epilepsy for over fifty years. There were times when he was broken and defeated by seizures, then discovered the power of hope. Jon believes he can provide that hope to others dealing with seizure disorders by sharing his experience. In *Sailing Through the Storms of Seizures*, he provides the perspective of the child, student, father, and caregiver. Jon had his first seizure at the age of four and was treated with medication for several years. His seizures returned while in college. At the age of forty-six, his seizures became intractable, and brain surgery was his only option to regain control. There were many people who helped him with his recovery: his family, church counselor, and those he met who faced similar situations. Soon after his surgery, Jon met a man who was distraught over his four-year-old son who suffered from intractable seizures. As Jon shared his experience, he witnessed hope being instilled in the man and his family. He is now a mentor and a counselor focusing on helping people live with epilepsy. His greatest joy comes from his two sons who have been there when needed and accomplished much in their lives and careers.

My Moment of Impact: A Journey with Epilepsy Kerri Croake, 2022-11-15 The word *Epilepsy* is derived from the Greek root *lep* meaning to grab or seize, or take hold of. *Epi* means outside of, next to. So epilepsy is a condition in which one is seized by something outside one's control. Imagine living with a condition that is always hanging above your head like the sword of Damocles, not exactly knowing if a seizure will strike or when. The tree of epilepsy has many branches, including seizures, anxiety, mood symptoms, cognitive symptoms, and psychosocial implications, to name a few. It is so

refreshing and clarifying to hear such a strong and insightful voice as Kerri's tell her story. It allows us to get a glimpse into the labyrinth of complexity that living with epilepsy is. I have been treating her for nearly two decades. She has a refractory and severe case of epilepsy but her spirit has been untouched and if anything strengthened. Her wit, intellect, emotional maturity, self-transcendence, perseverance, and steady reflection make this a unique work. It is rare to hear from patients themselves when exploring neurological illnesses as often the illness robs the person of their ability to communicate these complexities with clarity. Not the case with Kerri. This book is one of the best explorations of this illness I have ever seen coming from a patient. Her inborn resources and strengths allow us to walk with her on her journey and get a peak behind the curtains. More important than what it teaches us about epilepsy, we are exposed to a truly remarkable human being whose fire burns bright and whose light and heat provide warmth and illumination for all of us. Taking this stroll with Kerri leads not just to a deeper understanding of how epilepsy works in people's lives but to be empowered and inspired by her story and her personhood, one that shines in all that she does. It is a rare gift. One example of this soul force in Kerri is the simple fact that she wrote a whole book so beautifully in the face of aphasia, language deficits she acquired after her epilepsy surgery. Kerri has been an energizing inspiration in my life as her treating physician. I have no doubt that any reader of this book will also catch that fire.

Visions Linda Sudlesky, Steven C. Schachter, 2020. *Visions: The Inspirational Journeys of Epilepsy Advocates* contains the stories of 50 people who have answered the call to advocate on behalf of those with epilepsy. They are people with epilepsy, family members, or friends who have been motivated by their own unique experiences to make a positive impact in the lives of people who have epilepsy. This book empowers people affected by epilepsy and inspires continued advocacy for what has been a misunderstood and underfunded neurological disorder.

My Shadow Tom Kennaway, 2012. Tom Kennaway, 1836-2011, spent over sixty years successfully living with tonic-clonic grand mal epilepsy. *My shadow* is the story he wrote for his seven-year-old son to explain his philosophy for coping with epilepsy and life. The story is based on the author's life experiences as a jackaroo, a young Australian cowboy at Brewon Station. In this tale, the jackaroo faces several setbacks on his way to breaking in and training his beautiful mare, Shadow. Back cover.

Epilepsy Fiona Marshall, 2016-01-28. Epilepsy is surprisingly common and affects an enormous number of people, often with extremely debilitating effects on their lifestyle and health. In the last few years, there has emerged growing evidence that complementary and alternative treatments can play an important part in improving the quality of life for many sufferers.

Touching Void KARINA PANDYA, 2021-08-13. *Touching Void: Surviving a Car Accident* is the courageous real-life story of the author who had miraculously survived a horrific car accident as a child and has lived to tell the tale of a debilitating head injury. A must-read for all those who have gone through any type of traumatic experience. A very heart-warming read.

Ketosis + BDNF: The Healing Molecules That Saved My Life Dr Mehmet Yildiz, 2025-09-16. In my 20s, I trusted mainstream health advice like eat less fat, move more, and take pills when numbers rise. But following that path left me trapped in prediabetes, abdominal

obesity arthritis chronic inflammation leaky gut and relentless brain fog By the time I turned 30 my health was slipping into dangerous territory That was when I decided to reclaim my life not as a patient but as a curious postdoctoral researcher and sensible biohacker This book is the story of how two overlooked molecules Beta Hydroxybutyrate BHB and Brain Derived Neurotrophic Factor BDNF became my lifeline They helped me rewire my brain restore my metabolism and rebuild my immune system They gave me back the clarity energy and joy I thought I had lost forever But this book is not just my memoir It is an invitation for you to see what is possible when science curiosity and lived experience meet My journey will not mirror yours but the lessons I learned can inspire you to look at your own health through a new lens With the guidance of qualified healthcare professionals you can adapt the principles I used fasting nutritional ketosis exercise stress reduction and lifestyle shifts to your own context The value of this book lies in the perspectives insights and practical examples it offers for anyone who wants to move from struggling to thriving I turned my body into a laboratory testing approaches with care science and common sense My experiments included time restricted eating intermittent fasting caloric deficit a ketogenic diet intense exercise and lowering chronically elevated cortisol through stress management Later I expanded into long term fasting three to ten days four times a year These strategies helped me become more insulin sensitive optimize cortisol balance hormones and address every factor of metabolic syndrome without medication or surgery The results were extraordinary my blood sugar normalized inflammation subsided arthritis eased abdominal fat melted gut integrity improved and brain fog lifted Beyond repair I found prevention and for the first time in my life I gained six pack abs on my 50th birthday My biomarkers now show optimal ranges past sixty suggesting resilience against diabetes cardiovascular disease dementia Alzheimer s and perhaps even certain cancers I blend decades of research with personal observation to show how BHB and BDNF influence metabolic mental and immune health Each chapter combines story science and reflection with practical ideas you can discuss with your own health team This is a specialized memoir and follow up on my previous books including Cortisol Clarity Train Your Brain for a Healthier and Happier Life Cellular Intelligence Lifespan Mastery and Sensible Biohacks that Changed My Life To make my 300 000 page research journal in biochemistry accessible I distilled it into a 30 000 word book with the help of Hemingway Editor I simplified complex material to a Grade 7 level so that readers without a science or technology background could follow along My goal was to offer them the same life changing insights I discovered presented in a way that is both clear and practical I offer nuanced perspectives shaped by lived experiences and the growing scientific literature in the last four decades I wrote this memoir with complete honesty and transparency from the heart mind and spirit sharing both the highs and lows to empower you with knowledge hope and tools to explore If you approach this book with an open mind it may challenge what you have been told and help you craft a healthier and happier future at any age

Jesus the Pattern Son Harry James Mills, 2007-10 Mills reflects on the Scripture that outlines the way Christians are to pattern themselves after the life of Jesus He also urges modern churches to use the structure of the early church as a guide Practical

Life Departments of Labor, Health and Human Services, Education, and Related Agencies Appropriations for 2000 United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor, Health and Human Services, Education, and Related Agencies,1999 **New Horizons and My Angels** Acaysha,2002 I started my life all over again when I was 25 years old after I decided to have an innovative yet miraculous brain surgery to remove the damage in my brain and stop the epileptic seizures After living with epilepsy since I was 2 years old I wanted a new life one without seizures After surgery I regressed back to a two year old mentally and emotionally Join me as I take you on my journey through recovery and how I re learned to live again As you experience with me the laughter and the crying along with tears of anger and defeat you will want to hold me love me and even yell at me as I struggle to grasp the rules of life one more time Acaysha Through the trials and tribulations through life a woman emerges A true friend and an angelic being Many adversities were thrown her way and she emerged victorious with the help of the power that be Her life is a true inspiration She touches many and heals many souls I am honored to know her and be her friend Many blessings Rev Karen Wilkinson

Mary Lives - A story of Anorexia Nervosa & Bipolar Disorder Mary Brooks,2014-02 Mary is a General Practitioner a family doctor and became anorexic and depressed at age 12 She writes of the chaos and pain of her life through her abnormal adolescence and adult years to the equilibrium of the current day It is an enlightening and inspiring story of anorexia nervosa and bipolar affective disorder or manic depression Back cover Because of My Persistence, I've Learned from Children Thomas C. Lovitt,1982 Dangerous Intimacy Karen Lystra,2004-04-23 Publisher Description *Parenting with a Purpose* Rhonda Sneed,2012-05 This book was birthed after seeing so many students come into my office day after day and tell me all kinds of horror stories about their home life So this book is written to express the passion in my heart to bring forth a realization of God s Word and His standard of parenting a standard that never fails if used according to the way it was written and established I hope to express that God s Word is the only groundwork and foundation laid out for parents or caregivers to follow when raising children to be morally and righteously sound Parenting is one of the most important roles that God designed for mankind and it is time for us to take this role seriously I want parents to know that Christian counseling is an essential tool that can be used to raise godly and biblically moral children My ultimate desire is to educate equip and empower parents with the necessary tools to raise productive educated law abiding and God fearing children I would also like to leave the reader with the knowledge of how proper counseling and guidance can shape the emotional physical social and spiritual nature of a child in a form that is pleasing to God **Yes Ma'am, No Sir** Coach Carter,2012-02-20 In the same vein as major bestsellers as Tony Dungy s *Quiet Strength* Coach K s *Leading with the Heart* and Bo s *Lasting Lessons* by Bo Schembechler Coach Ken Carter brings us a highly personal motivational and inspirational book of dedicated life lessons Accountability Overcoming adversity Taking charge of your life Learning how to succeed when others expect you to fail These are the essences of Coach Carter s basic building blocks for winning in life From learning

about the quality of one's character to the love of learning as well as the importance of self discipline and spirituality Coach Carter takes you through his own life experiences and shows you how you too can become successful in your everyday life His fundamental belief is that you must start with respect for others your community and your environment before you can attain your own goals both personally and professionally As the no nonsense head coach of the Richmond High School boys basketball team from 1997-2002 Ken Coach Carter gained nationwide fame when he locked his undefeated team out of the gym in order to push them to improve their grades Since then Coach Carter has remained in the public eye as a highly sought after speaker partaking in more than 125 speaking engagements per year for youth groups and educational panels worldwide In January 2012 Coach Carter opened the Coach Carter Impact Academy which provides room and board as well as a business school for developing entrepreneurs Over the years the author has received numerous awards and continues to help at risk youth daily through the Coach Ken Carter Foundation Yes Ma'am No Sir spells out Coach's 12 lessons for success Inspirational motivational and informational this is must reading for anyone who truly wants to know how to get ahead

Congressional Record United States. Congress, 2009 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789-1824 the Register of Debates in Congress 1824-1837 and the Congressional Globe 1833-1873 *The British Workwoman Out and at Home*, 1863 **Women in Texas Music** Kathleen Hudson, 2013-04-04 Across the state and across a wide variety of musical genres women are making their mark on Texas music Some have become international superstars while others are just starting to make their voices heard But every woman who goes out and plays her music proves that baring one's heart and soul takes courage and Texas women artists have a lot of courage as Lloyd Maines observes in the opening interview of this book To pay tribute to these dedicated musicians and to capture their unique perspectives on what it means to be a woman in the music business Kathleen Hudson has spent many years interviewing Texas women musicians for the Texas Heritage Music Foundation In *Women in Texas Music* Hudson lets us listen in on conversations with thirty nine musical artists including Emily Robison Terri Hendrix Lee Ann Womack Rosie Flores Betty Buckley Marcia Ball Lavelle White and Bobbie Nelson Hudson encourages and allows the women to tell their own stories as she delves into their life journeys creative processes and the importance of writing and performing music be it blues rock country folk jazz or pop The interviews are warm and open like good friends sharing the lessons that a life of playing music has taught them What emerges from this collection is a solid sense of the strength and integrity that women bring to and gain from Texas music Everyone who cares about music and culture in Texas will want to join the conversation **Comfort**, 1891

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Perseverance My Story Living With Epilepsy Introduction

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