

Reflections on Living with Lupus: *Authors share inspirations learned from those with lupus*

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Often people with lupus feel guilt and anxiety as their disease impacts friends and family. These emotions are negatively rooted in false notions of lupus and self. Authors Paul Donoghue and Mary Siegel give tribute to the many people living with lupus who have learned to overcome the challenges with positive thinking and the exploration of new activities. These people are an excellent demonstration of how to focus on ability and friendship rather than disability and disease.