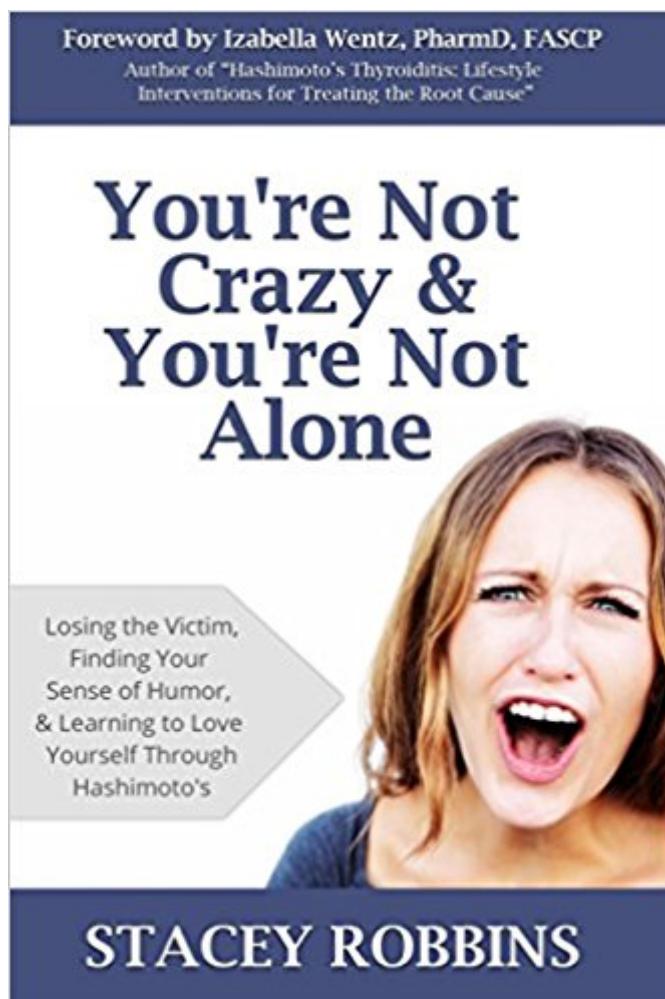


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You're Not Crazy And You're Not Alone: Losing The Victim, Finding Your Sense Of Humor, And Learning To Love Yourself Through Hashimoto's





Synopsis

You're Not Crazy and You're Not Alone: Losing the Victim, Finding Your Sense of Humor, and Learning to Love Yourself Through Hashimoto's by Stacey Robbins shines a flashlight on the emotional, physical, and spiritual journey within women with this autoimmune disease. Stacey explores the common areas that women with Hashi's struggle: like perfectionism and self-rejection -- and common past experiences -- like abuse or injury. Stacey inspires women to look at their lives, and Hashimoto's differently, and to use this diagnosis as an opportunity for inner healing, greater happiness, and loving themselves.

Book Information

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Customer Reviews

Stacey Robbins has used the diagnosis of Hashimoto's as a pathway to discovery and inner healing. With raw honesty, humor, and deep insight, Stacey tells stories and goes on mystical tangents, inspiring readers to look at this autoimmune disease differently -- and to consider loving themselves as part of their treatment too. Stacey lives in Southern California with her family and travels as an author, speaker, and health advocate.

I don't typically read health books. Even when I do I don't "enjoy" them. This book is very different. I enjoyed this book. I connected with this book. I cried with this book (and if you ask my husband he will tell you I am not a cryer, not at sappy movies, or even funerals.) Now I want you to understand this isn't a medical how to guide to treat your disease there are books out there with the medical terminology and symptom treatment suggestions, this is not it. The writing in this book is more

informal, which I appreciated. If I wanted a stuffy medical journal I would have bought one. This is a book that shares a candid, sometimes humorous and very real experience of what Hashimotos is like. Bringing up the philosophical and personal questions many of us ask during our walk with Hashimotos. This book was the first point in my Hashimotos journey where I didn't feel alone. Not even my husband could be on this journey with me. Nor would I want him too. But for the first time I didn't feel crazy, alone and discouraged. If you or someone you know has Hashimotos do them a favor. Read this book! The articles written by the author's husband are also a very good read. Married to Hashimotos: Wheres the woman i married And Married to Hashimotos: A husbands confession I believe he's got a book coming out as well.

First of all, I will definitely have to read this book again--at least one more time, but more than likely, several. It's so full of helpful advice and, dare I say "wisdom" that it would be impossible to glean everything from it that one can with just one pass through. The recommendations and referrals alone are worth the price of the book, but Stacey Robbins' insights into the challenges that women with Hashimoto's face, and the circumstances leading up to diagnosis are where the meat lies. Such understanding is quite uncommon. I mean, is it just me, or does it seem like Stacey's been shacking up in our brains? It's kinda' freaky how she knows so much without knowing us at all. Just sayin' ... This is not a hard read, which is what makes it so surprisingly heady! Somehow, woven amidst all of Stacey's candid tales of woe, amidst her encouragement, amidst her personal revelations, is a spiritual journey of epic proportions! And the best part is, she invites you along for the ride. And THAT is priceless. This is a great book for Hashimoto patients and non-Hashi's folks alike. Everyone has felt alone and crazy at one time or another, and through her generosity and vulnerability, Stacey makes you feel like there really is someone who understands just how you feel. And that can be a very welcome feeling indeed.

As a person on my own healing journey with hashies, I saw myself in a lot of this book. At some parts I was literally laughing out loud (even though it's not funny - been there done that, not fun!) due to the humorous way in which Stacey puts words on the page. It felt as though Stacey was talking to me in conversation and therefore the book was very easy to read. In fact I finished it in less than 24 hours. The book validated some of the things I've been doing on my own healing journey as well as pointed the way for some other ideas to explore. I loved the "woo woo" aspects as she puts it (I too believe mind body spirit are intricately connected). Also it's amazing how closely I fit the personality type suggested. Stacey has managed to put into words the message my

thyroid/autoimmunity have been trying to teach me. Thanks for a great read, great information and the support and comfort in knowing those of us with hashies are not crazy or alone!

Stacey Robbins has made a masterful pitcher of lemonade from the lemons that come with health and personal challenges. Her anecdotal telling of her journey is so refreshing and helps to show you the way to put things in perspective while taking your path to wellness. There is a warmth in her retelling, and there is a sense of raw in her process. Her spirit shines through it all and you wish you could just sit and chat with her over a cup of tea. You know you'd be happier for it and you can't help but admire her honesty and grace. A journey worth taking with her and perhaps taking again and again.

"You're Not Crazy and You're Not Alone" is a gateway to the deeper understanding of health and well being mentally, spiritually and physically, whilst living with Hashimoto's disease. A must read for everyone who is either just starting their auto immune journey, or is well on their way to wellness. This amazing collection of wisdom will benefit everyone who reads it. Stacey writes from almost two decades of experience, and writes it in a way that is easy to take in (yes even if you still have brain fog!) and will make you laugh at times, but may also make you cry with the understanding and depth she shares with a huge amount grace and love. The knowledge shared in this book can save you having to learn many lessons hard way, and let's face it, living with hashimoto's can be hard enough! I only wish this book was available at the beginning of my journey!

I'm not, normally, one to take the time to review a book. But, this book is worth the few minutes of time that it will take, in order to help encourage and guide someone else toward emotional strategies for successfully living with an autoimmune disease, specifically Hashimoto's Thyroiditis. It's real. It's readable. It's Light, shed in the dark and oft-times lonely world of living with Hashi's. It's pages will enlighten and inspire the reader to look at their own situation with a hopeful perspective and to NEVER give up... that there is hope, (specifically!) in the experiences that feel hopeless. Stacey Robbins' story clearly illustrates that very important Truth. Her transparent, (often) humorous, and (always) positive/hopeful reflection of her own personal journey points the way to emotional wellness and healing for those, who traverse an extremely difficult road. I would highly recommend this book!

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