



My Invisible Cosmic Zebra Has Rheumatoid Arthritis - Now What? (Paperback)

By Jessie Riley

Kitane, 2016. Paperback. Condition: New. Kitane Books (illustrator). Language: English . Brand New Book ***** Print on Demand *****. If you've ever felt overwhelmed or clueless about how to navigate through life after being diagnosed with rheumatoid arthritis, an invisible illness, My Invisible Cosmic Zebra Has Rheumatoid Arthritis--Now What? is for you. Written from a non-medical perspective, teens and young adults can use the 100-page creative workbook as a resource tool for understanding the myriad of funny-but-not-so-funny non-medical challenges they might encounter after diagnosis. The workbook is full of positive ideas, coping methods, creative visualizations, coloring pages, and lots of lovable cosmic creatures who give comforting advice--all with the aim of bringing hope, humor and inspiration back into the lives of those living with rheumatoid arthritis. The Invisible Cosmic Zebra Collection is published by Kitane Books at.



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Reviews

Very beneficial to all of type of individuals. This can be for those who stante that there had not been a really worth reading. You will not really feel monotony at at any time of your respective time (that's what catalogs are for concerning should you ask me).

-- Michale Shields

Absolutely among the best book We have ever study. It is actually writter in easy words instead of hard to understand. I found out this publication from my i and dad encouraged this book to find out.

-- Kristina Rippin