



Hope and Help for Living With Illness

Karen Zielinski O.S.F., Karen J Zielinski O.S.F.

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Caring for ourselves is a popular topic across all segments of the population. As we age, many of us are facing our own health issues or dealing with those of friends and loved ones. *Hope and Help for Living With Illness* offers an uplifting resource for dealing with sickness and disability, and a unique approach to issues of health and spirituality. The author has lived with chronic illness for over 30 years, and she draws on both her own experience and the experience of others she has encountered in her ministry to provide guidance and inspiration for developing a healthy and holistic plan for life.

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