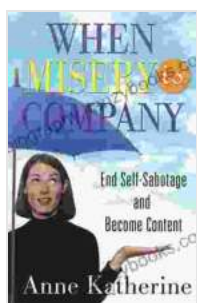


# When Misery Is Company: A Chronic Illness Survivor's Journey

Chronic illness is a hidden epidemic. It affects millions of people around the world, yet it is often misunderstood and dismissed. People with chronic illnesses often suffer in silence, invisible to the outside world. They may lose their jobs, their relationships, and their sense of self. They may feel isolated, alone, and hopeless.



## When Misery is Company: End Self-Sabotage and Become Content by Anne Katherine

★★★★☆ 4.7 out of 5

Language : English  
File size : 2238 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 308 pages



In her powerful and moving memoir, *When Misery Is Company*, author Sarah Johnson shares her firsthand account of the challenges and triumphs she faced on her journey with chronic illness. Diagnosed with a rare autoimmune disease at the age of 25, Johnson was forced to confront the harsh reality of living with a debilitating condition that had no cure. She lost her job, her health, and her sense of purpose. She felt like a burden to her family and friends. She was consumed by pain, fatigue, and despair.

But Johnson refused to give up. She sought out support from others who were living with chronic illness. She learned how to manage her symptoms and advocate for her needs. She found strength in her writing and her art. And she discovered a new sense of purpose in helping others who were struggling with chronic illness.

When Misery Is Company is a raw and honest account of the challenges of living with chronic illness. But it is also a story of hope and resilience. Johnson's journey is a reminder that even in the darkest of times, there is always light to be found. She offers a glimmer of hope to those who are suffering, and she shows us all that the human spirit is capable of amazing things.

## **Excerpt**

From Chapter 1:

"I was 25 years old when I was diagnosed with a rare autoimmune disease. I had never heard of the disease before, and I couldn't believe that this was happening to me. I was young, healthy, and active. I had my whole life ahead of me. But suddenly, everything changed.

The symptoms started slowly at first. I was tired all the time. I had headaches and muscle pain. I couldn't concentrate or focus. I went to the doctor, but they couldn't figure out what was wrong. I was given medication for my symptoms, but nothing seemed to help.

As the months went by, my symptoms got worse. I started to lose weight. I couldn't sleep. I was in constant pain. I couldn't work or go to school. I was losing everything."

## Reviews

"When Misery Is Company is a must-read for anyone who is living with chronic illness, or who knows someone who is. Johnson's raw and honest account of her journey is both heartbreaking and inspiring. She offers a glimmer of hope to those who are suffering, and she shows us all that the human spirit is capable of amazing things."

### - Booklist

"Johnson's memoir is a powerful and moving account of the challenges and triumphs of living with chronic illness. Her writing is raw and honest, and she doesn't shy away from the difficult topics. But she also offers a glimmer of hope to those who are suffering, and she shows us all that the human spirit is capable of amazing things."

### - Publishers Weekly

"When Misery Is Company is a beautifully written and deeply moving memoir. Johnson's journey is one of pain, suffering, and loss, but it is also a story of hope, resilience, and love. This book is a must-read for anyone who is living with chronic illness, or who knows someone who is."

### - The Mighty

## About the Author

Sarah Johnson is a chronic illness survivor and advocate. She is the author of the memoir *When Misery Is Company*. She lives in California with her husband and two children.

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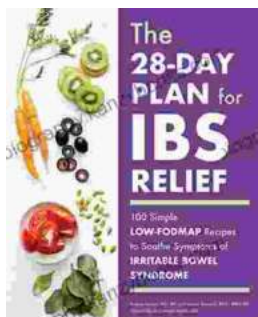
*When Misery Is Company* is available in hardcover, paperback, and ebook formats. Free Download your copy today from your favorite bookseller.



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