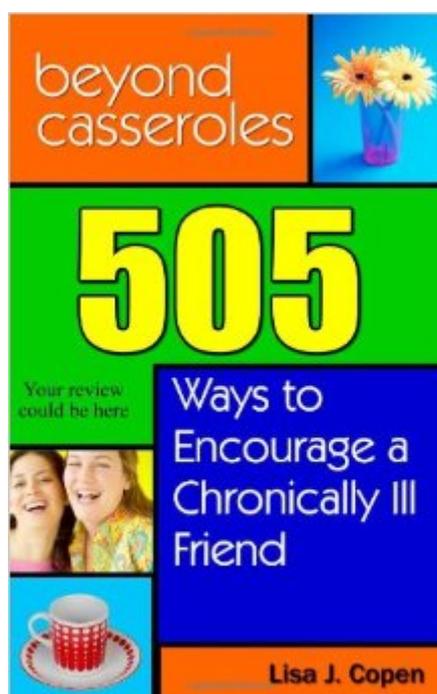


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# Beyond Casseroles: 505 Ways To Encourage A Chronically Ill Friend (Conquering The Confusions Of Chronic Illness)



## Synopsis

"Call me if you need anything. . ." Most of us have said this because we didn't know what else to say. We care, but how do we show it? Does a casserole really encourage someone? Why don't people ever call? If you have picked up the phone to call someone who is ill and have had a wave of fear wash over you (what do I say?) This book is for you! Packed with 505 ways to encourage a friend, from what to say, what not to say, things to write in cards or emails, gift ideas, things to bring when visiting in the hospital or someone at home, you will find yourself flipping through it to get an idea for someone you care about who is hurting (and not just those with illness).

## Book Information

Series: Conquering the Confusions of Chronic Illness

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## Customer Reviews

I am re-ordering, yet again, more copies of Beyond Casseroles 505 Ways to Help Someone with Chronic Illness/Pain. I love these little books and find they are just perfect to give along with a card to someone who deals with chronic pain and illness or to someone who is a friend or relative of someone especially caregivers. I usually tell the person with the chronic illness to tick off the ones that they would find most useful and leave it around when visitors come to call. I try to keep several on hand to give away as needed. I've had lots of positive feedback. As someone recently told me, "It's just common sense, but sometimes it's hard to think of these ideas without a little nudging reminder." L. J. Dalgliesh Winnipeg, Manitoba, Canada

It's pretty rare that I give a book 5 stars but this deserves each one. It's a small book that easily fits

into a small purse but it's packed with a lot of very practical advice. Well thought out. I have ovarian cancer and have been in non-stop chemotherapy for almost 5 years. I have hair so it's not apparent and even amongst my close friends. because I have hair, they forget I am dealing with a disease and treatment that causes severe fatigue, periodic sickness and sometimes, cognitive slowness. And as the cancer continues, most all of the people who were so gung-ho to help me early on have long fallen by the wayside - and that includes my church. There are suggestions that I would personally consider very patronizing, but overall, the suggestions are good. Two particular tidbits in the book that I can appreciate is 'not making a person a project' and 'many small things make a friend'. I have a woman who clearly has made it her mission to preach to me via religious cards (and I am already a faithful Christian) and it irks me to no end. Also, people think unless they have time for some grand gesture they can't do anything - so no one does anything for me. Some of the suggestions in this book are perfect examples of what may seem like small things that really go a long way to just let someone know you're thinking about them. I recommend, as others have, that every church and every doctor's office keep a copy of this little but powerful book.

to help a friend with a chronic, painful illness. So many times people say "let me know if you need anything" and they mean well, and while flowers or a card is nice, this book includes very useful ideas that really do make a difference in the life of a chronically ill person. Suggestions such as "changing her sheets" or "mop the kitchen floor", while small things, really add to the comfort of someone suffering with arthritis or other painful illnesses. This book even includes ideas of what not to say to someone who is ill. All in all, a gem of a book. Wish I had found it sooner.

As the author of "Don't You Need Some Rest? 52 Sabbath Reflections for Stressful Living", I was immediately drawn to Lisa Copen's book. Her practical suggestions for helping a chronically ill friend can be implemented immediately. She presents an easy guide for what to do and not do; as well as what to say and not to say. I'm glad she and her "Rest Ministries" have moved me beyond casseroles.

Great book. Explains what to say and what not to say. Really clever inexpensive ideas on how to brighten a chronically ill person's day. My favorite was to purchase matching coffee mugs for you and your friend, and then commit to pray for one another while using them.

When you want to help a friend with chronic illness, it can be hard to know what to do. Maybe you

aren't sure what would be helpful, or maybe you don't know what to say. Lisa Copen has written a helpful book called *Beyond Casseroles: 505 Ways to Encourage a Chronically Ill Friend*. This little book is full of great ideas for those who want to reach out to a friend with chronic illness. Lisa Copen is the founder of Rest Ministries and National Invisible Chronic Illness Awareness Week. She is an author, Christian disability speaker, and chronic illness expert. She suffers from Rheumatoid Arthritis, and she writes with the wisdom of one who is well acquainted with chronic illness and pain. *Beyond Casseroles* is filled with practical suggestions and advice from someone who understands what life is like for those with a chronic illness. Lisa shares about things to say and things not to say. She gives creative ideas for gifts and for acts of service. She offers tips for what to talk about with your friend and how to pray for her. Lisa also shares verses from Scripture that are applicable to serving a friend with chronic illness. While reading *Beyond Casseroles*, I found many helpful ideas and suggestions that I had never thought of before. This book is an excellent resource to keep on the bookshelf. The suggestions are practical and helpful for reaching out to a friend with chronic illness, and many would also be applicable when reaching out to a grieving family, someone with cancer, or an elderly neighbor.

I knew I would enjoy this book, because I was able to preview a few pages on the site. I also like how it is a good, small size. I am able to pull it out of my purse when I am looking for that right thing to say or do, or if I need some reassurance that other people are going through similar difficult situations as I am.

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