



# Happiness in a Storm: Facing Illness and Embracing Life as a Healthy Survivor

*Wendy Schlessel Harpham*

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“A guide to the meaning of joy and satisfaction, and the many routes to them.”—Jane Brody, *New York Times*

Award-winning author Wendy Schlessel Harpham, MD, offers her program to getting good care and finding happiness when you are sick. Having coined the term “Healthy Survivor” while dealing with her own chronic lymphoma, Harpham encourages people dealing with cancer, heart disease, diabetes, or any prolonged illness to simultaneously do all they can to overcome disease and live life to the fullest. Harpham opens our eyes to the opportunities for happiness in life despite medical problems and even because of illness.

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