CONTENTS

	FOREWORD.	1X
	PREFACE	xiii
	ACKNOWLEDGMENTS	xvii
	INTRODUCTION	1
1.	BEGINNING THE JOURNEY The Search for a Diagnosis	5
2.	A STUMBLING BLOCK Is My Illness Really "All in My Head"?	29
3.	FINDING A HEALTH CARE PARTNER	49
4.	NOW WHAT? The Search for Treatments	73
5.	DISCOVERING WHAT MAKES US FEEL WELL	103

viii A DELICATE BALANCE

6.	FROM DENIAL TO ACCEPTANCE AND BACK AGAIN	133
7.	HOW TO BE SICK IN A HEALTHY WORLD	163
8.	CHANGING THE WAY WE LOOK AT WORK	193
9.	THE GIFT OF CHRONIC ILLNESS	217
	CONCLUSION	227
	NOTES	231
	GLOSSARY	247
	INDIVIDUALS PROFILED	255
	RESOURCES	261
	INDEX	267

100