



# **Why Does Mommy Hurt?: Helping Children Cope with the Challenges of Having a Caregiver with Chronic Pain, Fibromyalgia, or Autoimmune Disease**

*Elizabeth M. Christy*

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The children of people with chronic illness and pain suffer quietly. "Why Does Mommy Hurt?" is a joyful, yet honest, portrayal of family life burdened with chronic illness. This is a delightful story told by a young boy learning to understand and cope with his mother's illness. The story creates natural opportunities for families to talk about both the symptoms of chronic illness, and how they affect family life. Even more importantly, the story puts power into the hands of the children. It also offers a helpful "Tips and Resources" section for parents! **A portion of the proceeds benefits the National Fibromyalgia and Chronic Pain Association (NFMCPA).** This book is appropriate for a wide-variety of illnesses associated with chronic pain, such as: Lupus, Lyme Disease, ME, CFS, Fibromyalgia, Arthritis, Multiple Sclerosis, Cancer, Depression, Autoimmune Disease, and many others.

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