



from the author of the bestselling novel jam

# SEIZED

my life with epilepsy

Teresa McLean

# Seized My Life With Epilepsy

**Loretta Takako Shepherd**



## **Seized My Life With Epilepsy:**

**My Life with Epilepsy and Seizures** Brian P. Lund, 2013-10-24 The book describes my life from birth all the way to where I am today My days putting up with Epilepsy Seizures What it took to become seizure free and yes the family I grew up in Seized Teresa McLean, 1995 **Epilepsy in Our Lives** Steven C. Schachter, Kaarkuzhali Babu Krishnamurthy, Deborah T. Combs Cantrell, 2008 Epilepsy in Our Lives is a collection of stories from women with epilepsy that describe in their own words what life is like with this disorder Living with Epilepsy Mel Riebe Jr., 2019-01-03 I don't know why people are afraid of people who have epilepsy It's just a condition It's not something you can catch it is not contagious Epilepsy has to do with the brain Like me I was born perfectly normal However I had one of my blood vessels on the left side of my brain burst That is why I have seizures for the rest of my life Epilepsy is not a bad word It is only a condition Doctors are doing more research on it so they can try out new medication that may control the seizures much better Maybe one day they will find a stronger medication for epilepsy I will do everything in my power to make sure that people with epilepsy will have a better life Maybe one day that would be cool Maybe my life is not perfect People think I can't do anything but they should think again I can do anything when I put my mind to it *Epilepsy You Are Not Alone: A Personal View on How to Cope with the Disorder* Stacey Chillemi, 2024-07-25 Living with epilepsy can be a lonely and arduous journey filled with constant challenges But amidst the struggles know that you are not alone In the heartfelt book Epilepsy You're Not Alone Stacey Chillemi extends a compassionate hand to guide you through this debilitating disorder This isn't just a book on epilepsy it's a beacon of light illuminating the way to overcoming the hurdles that epilepsy brings Chillemi delves deep into the complexities of managing the condition offering practical advice rooted in both scientific knowledge and her personal experiences From reshaping your thoughts to adopting new perspectives this book presents tangible strategies for finding joy and productivity in your daily life What truly sets this book apart is the inclusion of over 30 poignant stories from individuals worldwide who have triumphed over epilepsy Their narratives of resilience offer hope inspiration and a sense of belonging to those navigating similar challenges Through these stories Chillemi proves that a fulfilling life is within reach despite the adversities faced Epilepsy You're Not Alone is more than just a book it is a lifeline for those impacted by epilepsy Whether you are newly diagnosed or have been living with the disorder for years this book equips you with the knowledge tools and community support needed to conquer epilepsy and lead a purposeful life Don't allow epilepsy to hinder your journey Be part of the community that has found comfort and empowerment through Epilepsy You're Not Alone Grab your copy today and take that crucial first step towards reclaiming your life **Epilepsy in Our Experience** Steven C. Schachter, 2008 Epilepsy in Our Experience reveals for the first time the wide range of emotions challenges and triumphs experienced by those who work with epilepsy patients and their families In addition other health care professionals who have epilepsy share their profound uplifting and sometimes heartbreaking experiences and how they

have come to understand first hand the perspectives of patients with epilepsy It is the hope of the Editor and everyone who contributed that by reading this book patients and their families will better understand what their doctors nurses and other health care providers experience in their practices and feel in their hearts their emotional highs and lows their successes and their failures It is also hoped that these insights will strengthen communication and increase understanding between patients with epilepsy and the professionals who care for them **BOOK JACKET** **Seized Again** Richard F. Davis,2011-07-19 noneAs

I was working on the cover looking at the photos of what our brain neurons look like I began to think it looked like one of my favorite games Asteroids when your goal was to destroy the asteroids before they destroyed your spaceship That was 30 years ago I thought how funny it would be to paint into the cover picture a space ship like that to see if anyone would notice it but the more I thought about it the more it made me laugh So I designed my own game in my imagination station and drew them out here for you to enjoy Ill call it Seizuroids with the goal to destroy all the meteorites called fear stress anxiety worry depression loneliness and anger before it hits the brain causing a seizure and destroying all the electrical neutrons Laughter truly is the best medicine *Seized* Eve LaPlante,2016-03-22 Seized is a narrative portrait of a common brain disorder that can alter personality illuminating the mind body problem and the limits of free will An invaluable resource for anyone

touched by epilepsy Seized gives first hand accounts of three ordinary patients with temporal lobe epilepsy TLE explaining what they suffer and how they cope The book also tells the stories of creative luminaries diagnosed with or suspected of having TLE including van Gogh Dostoevsky Lewis Carroll Saint Paul and Flaubert The psychological implications of Seized are according to Publishers Weekly staggering Kirkus Reviews called the book Fascinating LaPlante s descriptions of the human brain are wonderfully concrete her historical research is well presented and her empathy for TLE s victims is clear In this fascinating account of medical research Howard Gardner noted LaPlante shows how a brain scar may cause bizarre aggressive or sexual behavior and works of profound creative imagination **Epilepsy in Our World** Steven C.

Schachter,Lisa Francesca Andermann,2008 In the last 5 years approximately 2 7 million people have been treated for epilepsy and between 0 5% 2% of people will develop epilepsy during their lifetime Up to 5% of the worldwide population may have a single seizure in their lifetime It is further estimated that 60 million people in the World have had at least one epileptic seizure in their lifetime Most shockingly is that between 70 80K people each year in the US alone are diagnosed with epilepsy Because of these figures and Dr Schachter s roll as Director of the Comprehensive Epilepsy Center Dr Schachter sought to create a series of books written from the viewpoint of people with Epilepsy This volume Epilepsy in Our World presents accounts of seizures by patients from 20 different countries Not only are the patient stories presented with the series signature frankness and honesty but the volume also discusses the different impressions and treatment of epilepsy around the world [The Unpredictable](#) Richard Davis,2013-01-24 The purpose of The Unpredictable is to share personal and biographical stories and illustrations from my own experiences as well as others whose lives have been impacted by

epilepsy or disorders Through the written word and the stroke of a brush the old saying A picture paints a thousand words accurately portrays the special people that have been highlighted in the pages of this book At the completion of this book my thoughts went back to what inspired me to write and paint about seizures and living with epilepsy It was my desire to make a living as an artist and settle down in a country home with my family living the life of an artist with a canvas and brush However I have learned through the years that our plans are often contrary to what God has in store for us Living with epilepsy has brought challenges and storms in life that have changed the course and direction of my life In this book the experiences of life with art and epilepsy are put into paintings that I have visualized from this disease My desire is to educate those unfamiliar with epilepsy encourage the ones living with this disease comfort the loved ones who support and assist those living with seizures and open the eyes of doctors who are educated about seizures but have never experienced the challenges faced in living with a seizure disorder

**Visions** Linda Sudlesky, Steven C. Schachter, 2020 Visions The Inspirational Journeys of Epilepsy Advocates contains the stories of 50 people who have answered the call to advocate on behalf of those with epilepsy They are people with epilepsy family members or friends who have been motivated by their own unique experiences to make a positive impact in the lives of people who have epilepsy This book empowers people affected by epilepsy and inspires continued advocacy for what has been a misunderstood and underfunded neurological disorder

**Epilepsy, 199 Answers** Andrew N. Wilner, 2008-01-16 Andrew N Wilner is a recipient of the Click 2008 AAN Journalism Fellowship Award The Epilepsy Foundation estimates that 2.7 million Americans have epilepsy and that an additional 181,000 new cases are diagnosed every year Being diagnosed with any chronic disease can cause confusion and anxiety to the uninformed patient Written by an expert in the field Epilepsy 199 Answers 3rd Edition continues to provide accurate up to date and comprehensible medical information for epilepsy patients and family members Easy to read informative and time tested this question and answer book covers everything from brain surgery to the Atkins diet readers will also enjoy a first rate resource section and a health record tracker so patients can accurately chart their progress and receive optimal care

Living and Coping with Epilepsy, My Way Cara Coles, 2015-02-27 You really can have anything you want out of life no matter what Living and Coping with Epilepsy My Way is about the author's journey living and dealing with epilepsy finding the law of attraction and how her life has changed since then Epilepsy Kathlyn Gay, 2017-03-17 According to recent statistics at least 50 million people worldwide have epilepsy including more than 5.1 million Americans Because there are so many different types of epilepsy each with its own behavioral effects and treatment it can be overwhelming for teens to handle They need a reliable resource to guide them as they navigate the challenges of their condition In Epilepsy The Ultimate Teen Guide Kathlyn Gay dispels the myths misconceptions and misunderstandings about epilepsy and people who have the disorder The second edition of this book provides up to date positive factual medical information and advice for young people and their families about how to live a normal life with epilepsy Topics covered in this book include symptoms of

epilepsysigns and factors that precipitate seizuretreatment methodsmedicationsmanagement strategies Real life examples from teens who have epilepsy help readers understand how they can participate in normal activities These teens also offer advice on how to tell friends dates teachers or employers about the condition Epilepsy The Ultimate Teen Guide Second Edition concludes with extensive lists of publications websites and organizations to help those with a diagnosis prepare for a hopeful future

**Seized** Holly Eckert,2024-01-30 About the Book Millions of Americans have epilepsy At age 34 Holly Eckert joined them From the day she discovered that through many years her life became a journey of personal growth and self discovery Why was this happening What should she do Who was she now that she seized These were only a few of the questions she asked herself in the face of her new reality Holly s walk with chronic illness became one of awakening and healing In it she learned many lessons in life while confronting the flaws failures ignorance and corruption permeating the American medical industry and sensing first hand the resiliency of the human mind and body Daily tending to the chores of chronic illness she scoffed at the paradox between the medical industry s responses and her own life s experiences Over time Holly realized that illness can play important positive roles in a human life Traveling her path where health and illness intertwine it became clear to her that illness can give as much as it takes away This convinced her that when allowed the time and space to be ill a person can find true health again a real life phenomenon rarely discussed by doctors and patients In Seized Searching for Health In the United States Holly tells the story of her journey with illness That well told personal tale provides a lens through which a reader can explore the common experience of searching for health in the United States Who would have imagined that it would be a dance artist who does so well exploring the many dimensions of illness and the failures of the United States healthcare system but that s precisely what happens here in Seized About the Author Holly Eckert grew up in a small town in the mountains of Idaho where she learned to dance from a former ballerina with the New York Ballet who also lived there After high school she took her scholarships and went to The Evergreen State College There she combined dance and social sciences to create her own integrated studies program Her education prepared her to go to Seattle and pursue her artistic mission of exploring substantive topics inside the art of dance Winning awards and praise for her artwork Holly pursued her passion with passion and made choreography about things like the experience of fear and the injustices of the US prison system She was healthy and strong into her mid thirties when one day she suddenly began seizing uncontrollably Epilepsy quickly overwhelmed her life It sent Holly on a diverse personal journey On her travels she discovered many new things about herself and as she did she learned more and more about the potentials for healing that exist inside the human body She also learned a great deal about the tragic failures of the United States medical system that often inhibits these possibilities from being realized Knowing that she liked to write as well as dance Holly decided to tell this story through words not movements Her readers continually give her praise for her efforts

Women with Epilepsy Martha J. Morrell,Kerry L. Flynn,2003-03-20 Published in association with the Epilepsy Foundation of America this handbook reviews

the special problems faced by women with epilepsy      **The Epilepsy Lifestyle Workbook** Loretta Takako Shepherd, The Epilepsy Lifestyle Workbook Mastering Triggers Stress and Daily Life for Fewer Seizures and More Freedom Discover powerful practical strategies to manage epilepsy reduce seizure frequency and reclaim your life The Epilepsy Lifestyle Workbook is your essential guide to complementing medical treatment with proven non pharmacological techniques for enhanced well being and greater personal freedom Living with epilepsy means navigating unique daily challenges This comprehensive workbook empowers you with actionable tools to identify personal seizure patterns effectively manage triggers like stress and sleep loss and understand the impact of diet and environment on your condition You ll learn to create personalized action plans that fit your life Inside you ll explore Clear methods for understanding your specific epilepsy and tracking personal seizure signatures A personalized system for identifying and managing your unique seizure triggers including stress sleep diet and environmental factors Effective stress reduction and emotional well being techniques such as mindfulness meditation and breathing exercises designed for daily calm Guidance on optimizing sleep nutrition hydration and gentle exercise to support better seizure control Strategies for navigating social life work and relationships with confidence despite epilepsy Instructions for creating comprehensive seizure action plans and making simple home safety modifications to reduce injury risk Filled with interactive exercises journaling prompts and practical templates this workbook is designed for individuals with epilepsy and their families seeking proactive ways to improve quality of life Take control of your epilepsy journey build resilience and unlock a life with fewer limitations and more peace of mind Start building your path to a more empowered and fulfilling future today      [A Seeker's Journey](#) Fran Berkell-Rafferty,2024-06-06 Fran Berkell Rafferty was in college when she first saw the quote by Dag Hammarskjold If only I may grow firmer simpler quieter warmer Throughout the next four decades while busy pursuing degrees marrying and raising a family she would often pause and question whether she was growing in direction of that mantra In a collection of philosophical musings based on her personal experiences Berkell Rafferty reflects on her determination to grow firmer simpler quieter and warmer as she aged while helping others to see how the simplest offerings of nature s bounty can connect us to understanding the absolute complexities that we face day to day Throughout her gems of hard earned wisdom and observations of the natural world around her she invites others to refill their spiritual wells and reflect on their own remarkable journey through life A Seeker s Journey shares thoughtful writings and wisdom that encourage those in search of inner peace to seek light from the darkness to grow firmer simpler quieter and warmer      **Non-Epileptic Seizures in Our Experience** Steven C. Schachter,2020 To an Outside Observer Psychogenic Non Epileptic Seizures PNES can look like epileptic seizures However unlike epileptic seizures they are not caused by abnormal electrical discharges in the brain Instead most PNES are an automatic psychological and physiological response to an internal or external trigger perceived as threatening by the individual whether consciously or not Not least because the changes in the brain that underpin PNES cannot be visualized easily with clinical tests there are many

uncertainties and controversies surrounding the condition and patients often provoke a mixture of emotions in healthcare professionals While some patients have positive care experiences many are left feeling confused angry and abandoned by the clinicians they have encountered Non Epileptic Seizures in Our Experience presents the perspectives of over 90 members of different healthcare professions from around the world By allowing readers to gain fascinating insights into a broad range of their thoughts and feelings about PNES this book challenges negative attitudes surrounding the condition and helps to improve understanding between members of different professional groups as well as between professionals and patients In doing so it should ultimately advance the quality of care provided for those with PNES Book jacket      **Seizure and Epilepsy Care** Patrick Landazuri,Nuria Lacuey Lecumberri,Laura Vilella Bertran,Mark Farrenburg,Samden Lhatoo,2023-02-09 A practical manual that provides a succinct and clinically relevant reference of routine clinical epilepsy care



## **Seized My Life With Epilepsy** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Seized My Life With Epilepsy**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall affect readers.

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## Seized My Life With Epilepsy Introduction

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