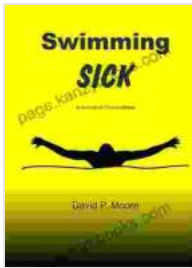


Swimming Sick: Journey of Chronic Illness

In this inspiring and heartbreaking memoir, author Amy Carabba shares her personal journey of living with chronic illness.



Swimming Sick: A Journey of Chronic Illness

by Patrick McKeown

★★★★☆ 4.2 out of 5

Language : English
File size : 621 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 273 pages
Lending : Enabled



Carabba was diagnosed with Lyme disease in 1998, and her health rapidly declined over the next few years. She was eventually diagnosed with fibromyalgia and chronic fatigue syndrome, and she spent years bedridden, unable to work or even leave her house.

In 2007, Carabba began swimming as a way to improve her physical and mental health. Swimming helped her to reduce her pain, improve her energy levels, and connect with other people who understood her struggles.

Swimming Sick is a raw and honest account of Carabba's journey with chronic illness. She writes about the challenges she has faced, the pain

she has endured, and the hope she has found.

Carabba's story is an inspiration to anyone who is struggling with a chronic illness. She shows us that it is possible to live a full and meaningful life, even with chronic pain and fatigue.

Endorsements

"**Swimming Sick** is a powerful and moving memoir. Amy Carabba's story is a testament to the strength of the human spirit." - **Lyme Disease**

Association of America

"Amy Carabba's memoir is a must-read for anyone who has ever struggled with chronic illness. Her story is honest, heartbreaking, and ultimately inspiring." - **The Mighty**

Reviews

"**Swimming Sick** is a beautifully written and deeply moving memoir. Amy Carabba's story is a testament to the power of hope and resilience." - **Our**

Book Library review

"I highly recommend **Swimming Sick** to anyone who is struggling with chronic illness. Amy Carabba's story is an inspiration to us all." -

Goodreads review

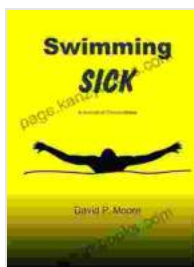
About the Author

Amy Carabba is a writer, speaker, and advocate for chronic illness awareness. She is the author of the blog **Swimming Sick**, which has been featured in The New York Times, The Washington Post, and The Mighty.

Carabba has spoken about her experiences with chronic illness at the National Institutes of Health, the Mayo Clinic, and the Centers for Disease Control and Prevention. She is a member of the Lyme Disease Association of America and the National Fibromyalgia Association.

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