



# The Marvelous Transformation: Living Well with Autoimmune Disease

*Emily Filmore*

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**The Marvelous Transformation: Living Well with Autoimmune Disease** Emily Filmore

More than eighty health conditions are caused by autoimmune disease, with symptoms ranging from occasionally uncomfortable to debilitating or life-threatening. Written by a fellow sufferer, this book provides practical coping mechanisms to ease physical, mental, and emotional discomfort.

**Emily A. Filmore** holds a BA in psychology and a JD from St. Louis University School of Law. Combining humor and spirituality, Emily has found a way to make peace with her chronic disease, even celebrating it, grateful for the lessons and blessings it has brought into her life.

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