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| John Hunt Publishing - **Changemakers Books** - announces the new title | | |
| **Living Beyond Lyme** Reclaim Your Life From Lyme Disease and Chronic Illness  Joseph J. Trunzo, PhD  Living Beyond Lyme helps patients side-step the often frustrating controversy surrounding Lyme disease. This book instead focuses on living meaningfully, using mindfulness and Acceptance & Commitment Therapy (ACT) approaches. Whether it is acute or chronic, Lyme disease causes suffering, and ACT, an evidence-based, scientifically driven approach, can help people change their experience of their illness as they work towards getting well.  **Author Bio** Dr. Trunzo is Professor of Applied Psychology at Bryant University in Smithfield, Rhode Island, USA. He also founded Providence Psychology Services in Providence, RI, where he is a practicing psychologist. His research and clinical work focuses on treating anxiety and mood disorders, especially in those suffering from Lyme disease and other chronic illnesses.  **See Dr. Trunzo’s TEDx Talk, “Living Well When You Don’t Feel Well: Overcoming Lyme Disease” at** [**livingbeyondlyme.com**](https://youtu.be/keC6R-Qtb_M)**!**  **Endorsements** *Living Beyond Lyme is an excellent addition to the Lyme disease library of those who have tick-borne illness in their families, as well as the doctors and mental health practitioners from whom these patients seek help. Dr. Trunzo’s extensive knowledge of Lyme disease and ACT (Acceptance & Commitment Therapy) provided the foundation upon which he developed a new and effective model for working with those who are suffering from TBIs. I applaud him for the fine job he has done explaining this complex illness, and how ACT can help those who are attempting to cope with the functional issues that produce a second source of trauma for these patients.* ***Sandy Berenbaum, LCSW Co-author: When Your Child Has Lyme Disease: A Parent’s Survival Guide***  *Living Beyond Lyme is a much-needed and extremely welcome book addressing a specific approach to helping those with chronic Lyme disease manage the psychological and interpersonal effects of this life-altering illness….”In Living Beyond Lyme,” author Joseph Trunzo, PhD, has provided us with a very important psychological framework which teaches mindfulness skills and a values-based understanding in order to help sufferers create a more integrated, accepting, and supportive approach to co-existing and living more amicably with the daily pain and challenges of chronic Lyme disease.* ***Lori Dennis, M.A., Registered Psychotherapist, and author of “Lyme Madness: Rescuing My Son Down The Rabbit Hole of Chronic Lyme Disease.”*** |  | **Publication Date** August 31, 2018  ***Available for pre-order at Amazon.com!***  **Paperback** ISBN: 978-1-78535-041-2 $22.95  |  £12.99 8.5x5.5 inches | 216x140 mm 192PP  **e-book** ISBN: 978-1-78535-042-9 $17.99  |  £9.99  **Library of Congress** 2017946209 |
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