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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, PhDLiving 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.”*** |   | http://www.johnhuntpublishing.com/assets/docs/books/4563/jhp5a69ce25b406f.jpg**Publication Date**August 31, 2018 ***Available for pre-order at Amazon.com!*****Paperback**ISBN: 978-1-78535-041-2$22.95  |  £12.998.5x5.5 inches | 216x140 mm192PP**e-book**ISBN: 978-1-78535-042-9$17.99  |  £9.99**Library of Congress**2017946209 |
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