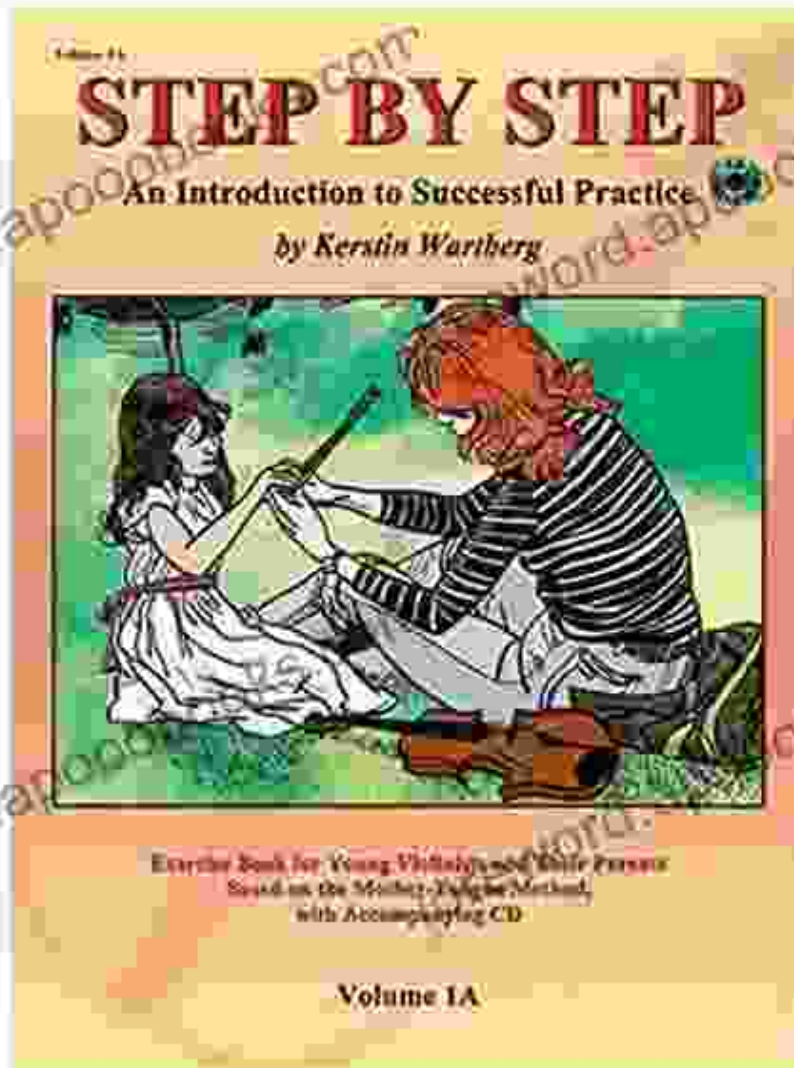


Freak When Spoken To: An Unconventional Guide to Thriving and Healing with Chronic Illness



Freak When Spoken To by Kerstin Wartberg

★★★★☆ 4.7 out of 5

Language : English



File size	: 5646 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 240 pages
Screen Reader	: Supported



In her groundbreaking memoir, *Freak When Spoken To*, Kerstin Wartberg shares her deeply personal journey of healing and thriving with chronic illness. Diagnosed with Ehlers-Danlos Syndrome and POTS at a young age, Wartberg faced years of misdiagnoses, disbelief, and debilitating symptoms. But instead of giving up, she embarked on an unconventional path to recovery, one that would ultimately lead her to a life of purpose and fulfillment.

Wartberg's memoir is a raw and honest account of her struggles with chronic illness. She doesn't sugarcoat the challenges she faced, but she also doesn't dwell on them. Instead, she focuses on the lessons she learned along the way and the strategies she developed to help her manage her symptoms and live a full and meaningful life.

One of the most important things Wartberg learned is that there is no one-size-fits-all approach to healing from chronic illness. She had to find what worked for her own unique body and mind. Through trial and error, she discovered that a combination of traditional and alternative therapies, along with a strong support system, helped her to make significant progress.

In *Freak When Spoken To*, Wartberg generously shares her hard-won wisdom with readers. She offers practical advice on everything from finding the right doctors and treatments to managing symptoms and dealing with the emotional challenges of living with chronic illness. She also emphasizes the importance of self-acceptance and self-compassion, and encourages readers to embrace their own unique experiences.

Freak When Spoken To is an inspiring and empowering memoir that offers hope and guidance to those living with chronic illness. Wartberg's story is a reminder that even in the face of adversity, it is possible to thrive and heal.

About the Author

Kerstin Wartberg is a writer, speaker, and advocate for those living with chronic illness. She is the author of the blog *ChronicBabe*, where she shares her experiences and insights on living with Ehlers-Danlos Syndrome and POTS. Wartberg is also the co-founder of the non-profit organization *The Mighty*, which provides support and resources to people with chronic illnesses and disabilities.

Praise for *Freak When Spoken To*

"*Freak When Spoken To* is a must-read for anyone living with chronic illness. Kerstin Wartberg's story is inspiring, empowering, and full of practical advice. This book will give you hope and help you to find your own path to healing." - **Jennifer Brea, author of *The Lazarus Effect***

"*Freak When Spoken To* is a groundbreaking memoir that offers a unique and valuable perspective on living with chronic illness. Kerstin Wartberg's writing is honest, raw, and full of compassion. This book will resonate with

anyone who has ever struggled with their health." - **Sarah Wilson, author of *First, We Make the Beast Beautiful***

"Freak When Spoken To is an important and timely book. Kerstin Wartberg's story is a reminder that we are not alone in our struggles with chronic illness. This book will give you hope and help you to find your own path to healing." - **Dr. Steven Phillips, author of *Chronic Pain: The New Science of Prevention, Relief, and Recovery***

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Freak When Spoken To is available in print, ebook, and audiobook formats. Free Download your copy today and start your journey to healing and thriving with chronic illness.

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