

## About the Authors

Ellen Stahl has been living with metastatic breast cancer for over five years. With an original prognosis of less than two years to live, she has amazed family, friends, and medical professionals with her positive attitude. She's seen her daughter graduate college; her son graduate college and get married; and traveled with her husband. Ellen's own experiences and those of close friends coping with multiple sclerosis, fibromyalgia, back injury, and cancer inspired her to share her own journey and life lessons in this book



Lorie Allen, Ellen's sister, is a healing touch practitioner

apprentice. Lorie's desire to help Ellen and others has resulted in an amazing discovery of her healing gift. She also teaches relaxation, meditation, and stress management techniques.



Energy balancing and healing for people and their pets

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Available from  
*Ellorie and  
Touching Paws*

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Steps for Living with  
Metastatic Cancers and  
other Chronic Illnesses

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**“Looking  
Good Was  
Never My  
Problem”**

By Ellen M. Stahl

Exercises and Meditations  
By Lorie Allen

## About the Book

Over the past five years. . .

I saw the chemotherapy nurses once a month for treatments; annual bone scans showed progression of the metastatic cancer; and I have come to view my metastatic breast cancer as a chronic disease. In February 2005 I was diagnosed with a new primary tumor and metastases in my liver and bone marrow. I am not dying from cancer. With the help of the wonderful people of Hospice, I am **living** with it.

The diagnosis of a chronic illness, like multiple sclerosis, fibromyalgia, or cancer, can be devastating. Accepting the diagnosis is just the first step. The patient with a chronic illness must then learn to **live** with it.

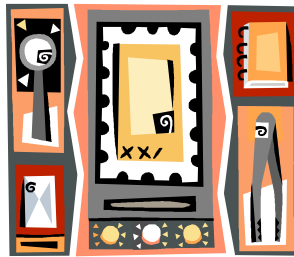


With simple steps for owning your illness, healing yourself, and living your life, **Looking Good Was Never My Problem**, guides the reader along the author's own path for managing living with chronic illness using common sense, tai chi, meditation, healing touch, prayer, and faith.

Ellen Stahl, July 2005

## Medical Record Notebook

It is important that you maintain an excellent record system of your appointments, tests, test results, contact names and numbers, appointments, medications, and other information pertinent to your illness. A notebook is a one-stop place for everything you need to know.



The Medical Record Notebook should include a 2" binder, dividers and section headers, business card pockets, calendar pages, journal pages,

hole-punch, tote bag and instruction booklet for organizing your medical records.

The medical notebook is one of the best tools for understanding what is happening with your illness. It is a valuable tool for you, your family, your caregivers, and your medical team. Complete instructions for your Medical Record Notebook are in *Looking Good*.



**Ordering Information**  
**Looking Good Was Never My Problem** is now available from the authors as well as Amazon.com and BarnesandNoble.com. Call or email Lorie Allen for book prices and quantity discounts.

## Order Form—*Looking Good* . . .

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