

The Amazing Technicolour Pyjama Therapy

and other ways to fight back against life-changing illness

Emily Ackerman



MuddyPearl

Some illnesses begin with a bang, whipped off to hospital or flattened into bed. Other conditions creep in until normal life is no longer normal. Life skills are suddenly out of date. Work, socialising and hobbies are out of reach. It's a new and scary world.

'I hadn't signed up for this particular adventure, but I had, thinking back, rashly given my Lord the right to choose my path. I watched others zip ahead, choosing jobs, activities and lifestyle. I seemed to be left way behind, struggling with my situation day by day. Could this really be God's best for me?'

Emily Ackerman knows this world only too well. She knows what it feels like to cry out to God to relieve her suffering, to allow her to fulfil her life plans. She knows what it feels like to wait, year after year, while God works *through* her suffering, to fulfil *his* plans for her life.

Along the way, Emily was struck by the story of Joseph, and how closely his struggles mirror the stages of life with an illness. She finds help in his strategies for handling trust, hope, pain, rejection and disempowerment, and especially in the fact that ultimately Joseph's destiny was not derailed by his troubles, but fulfilled through them.

This book is all about fighting back. It's about reclaiming your life now you're ill, and finding new ways to live well and serve effectively. You'll find survival strategies, encouragement, practical advice and fresh ways to view your situation. God hasn't given up on you: there's plenty of good news from the Bible about living abundantly and usefully with illness.

About Dr Ackerman's *Time to Care*:

'One of the most touching and challenging books I have read in the last three years ... I warmly recommend this book as an excellent example of how we can sanctify every situation in life.'

Pablo Martinez

Author

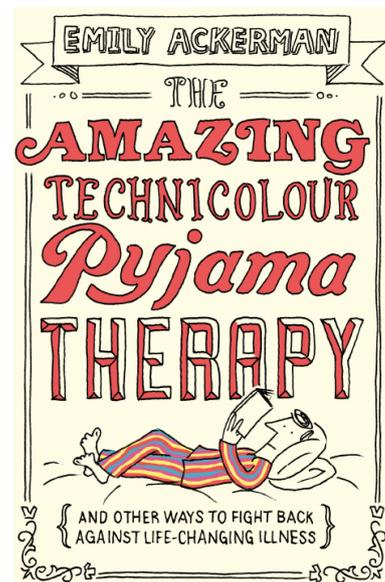
Dr Emily Ackerman was disabled by chronic illness in her twenties. She learned 'creative and efficient' ways of living life to the full, as a wife and mother, and even while caring for her own mother. Her first book, *Time to Care*, was published by IVP. She is married to Gordon and they have a son and daughter.

Readership

- Christians who have been diagnosed with any form of long term illness or disability.
- Their families, and those who are caring for them.
- Pastoral care teams.
- Doctors, nurses and healthcare professionals.

Key selling points

- Foreword by Pablo Martinez
- Encouragement drawn from personal experience.
- Uplifting humour enhanced by brilliant cartoons.
- Gives real emotional help to those waiting for healing, eg dealing with anger, disappointment, and being misunderstood.
- Ingenious practical tips for managing illness.



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