



My Invisible Cosmic Zebra Has Mitochondrial Disease - Now What? (Paperback)

By Jessie Riley

Kitanie, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you've ever felt overwhelmed or clueless about how to navigate through life after being diagnosed with mitochondrial disease, an invisible illness, My Invisible Cosmic Zebra Has Mitochondrial Disease--Now What? is for you. Written from a non-medical perspective, teens and young adults can use the 100-page creative workbook as a resource tool for understanding the myriad of funny-but-not-so-funny non-medical challenges they might encounter after diagnosis. The workbook is full of positive ideas, coping methods, creative visualizations, coloring pages, and lots of lovable cosmic creatures who give comforting advice--all with the aim of bringing hope, humor and inspiration back into the lives of those living with mitochondrial disease. The Invisible Cosmic Zebra Collection is published by Kitania Books at.

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