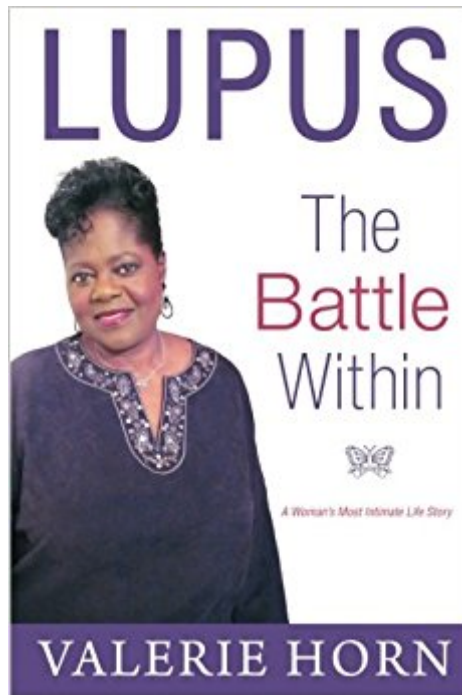


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# Lupus: The Battle Within: A Woman's Most Intimate Life Story



## Synopsis

Valerie Horn is a lupus patient that has been battling lupus for over fifty years. While living in New York City, her parents did whatever they could by taking her from hospital to hospital, until that one special doctor made a difference in her life. She shares her life story with admirable strength and courage, as she takes you through her most precious and private moments. You will follow Valerie's journey from childhood, when she was first diagnosed, all the way into adulthood, as she talks about her marriage and divorce and raising a child. Her leap at love again left her heartbroken in another state, with two more children to raise alone. "Lupus: The Battle Within" is a glimpse into the daily struggle that so many lupus patients face, but may be too ashamed to talk about. In Horn's debut memoir, you are reminded that you are NOT alone. You can persevere like a champion, and leave a "Legacy" for your family to remember forever.

## Book Information

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## Customer Reviews

Valerie Horn was born and raised in New York City. She worked as a legal secretary for over seventeen years, as well as pursuing a career in real estate. Valerie never let her lupus define her and worked diligently to maintain her goals in life. In 1992, Valerie relocated to Atlanta, Georgia. Valerie is a single parent of three, who has instilled in her children the value of a good education, to be the best that they can be, and encouraged them to always follow their dreams. Valerie's experience with lupus, from her flare-ups and remission cycles, to all of the diagnoses she has received, has certainly not been easy. She has been coping with this incurable disease for many

years and refuses to let it get the best of her. From being a very strong and courageous woman, she has overcome a tremendous amount of obstacles in her life. Valerie is an active participant in the GOAL (Georgians Organized Against Lupus) study project by Emory University's Division of Rheumatology. She attends lupus support group meetings, as well as keeping abreast of all the information given from the Lupus Foundation of America. Valerie's greatest accomplishment is her first book, "Lupus: The Battle Within." She shares her most intimate life story battling lupus from childhood to adulthood, while staying positive, and living her life to the fullest. In her spare time, she enjoys writing, as well as her passion for painting, masonry work, and interior decorating. Valerie has many artistic talents. Her love of the beautiful outdoors includes gardening and nature, which always seems to fulfill her. Valerie's journey, "Lupus: The Battle Within," can also be found at her website at [www.valeriehorn.com](http://www.valeriehorn.com).

A brave Lupus warrior! Loved the truth of her. God Bless Everyone with is mystery disease! Her memory was truly amazing!

Riveting and inspiring work serving to remind everyone that in order to overcome hardships in our lives, we must overwhelm them by the will to embrace life to its fullest.

I found this book to be compelling! I became emotional while reading it because the author courageously shares the most intimate and revealing details about her life while battling Lupus. Valerie's life story is so eloquently written. It is her personal testimony to the strength and endurance of the human spirit to want to survive. Her message is inspirational and empowering to her readers because she has emerged victorious in her battle against the disease Lupus despite the many obstacles and challenges she continuously faced. Valerie is living a healthy, happy, and productive life. She is using her experience to educate and champion a good cause by sending a message of hope and encouragement to many people that will read this book. Her narrative with its insightful descriptive words and vivid photographs is a gift of enlightenment to her readers as well as to those of us who know Valerie, love her, and value her life! This book contributes a unique and interesting perspective on the effects of a very debilitating, chronic, autoimmune disease known as Lupus.

LUPUS, The Battle Within was a book I didn't want to end, because it was spellbinding and it drew me in, leaving a lasting impression. Valerie Horn is an inspiring story teller, sharing "the most

precious, private and most intimate details of her life." She gives attention to small details: She shares her love of school and learning; she shares family milestones and celebrations, along with the many ups and downs of her life. She takes us on a whirlwind of brave emotion, with a writer's heart. She even integrates a mystery in a saga about a haunted house. Medical experiences are recorded and documented with a researcher's detail, along with photographs of specific flare ups. She speaks of her medical providers and their kindness compassion and personal caring which helped her keep her hopes alive. The pictures of family events were engaging and the large print was helpful to those of us who are older. LUPUS, The Battle Within was a heart-rending adventure which I highly recommend.!

Lupus: The Battle Within is the incredibly intimate story of one woman's battle with this challenging disease. Valerie struggled with managing her Lupus for most of her life. You will be in awe of the strength and determination that Valerie demonstrates: always choosing to fight for herself, for her life, and for her children. Reading this book is inspiring, motivational, and touching beyond all meaning of the word. You will feel like Valerie is one of your closest friends by the time you put her heartwarming story down: that's how incredibly vulnerable and authentic she is in sharing. Anyone, whether coping with Lupus or any other health condition, will find Lupus: The Battle Within to be a blessing in book form.

This is a powerful real-life story of a young woman, Valerie Horn, battling the incurable disease "Lupus" for over 50 years and now have the courage to go publicly and write her memoir about her journey with the disease. The book is very enlightening, carrying you through her personal life and her trials and tribulations with the disease. I commend her highly for having the strength and being courageous in letting the world know about her struggle through this novel, "Lupus" The Battle Within. I highly recommend anyone suffering from the disease Lupus, to read this memoir of Valerie Horn and you will find out that you are not alone in the battle. Love, Aunt Bernice

This is an excellent reading book and her outlook on life was wonderful. I enjoyed reading this book immensely, it was so good and kept me in suspense that I could not wait to get to the next chapter. I cannot stress enough, that this book is excellent!!! It was amazing to learn that she went through so much turmoil. It kept me on edge that I felt it in my own body what she was going through. She fought through this condition and had a good outlook even though she was in so much pain. It was very enjoyable reading, and to know, that her spirits were not broken. Her beautiful pictures tell the

story!!!

This book is so beautifully done! The print is very easy to read, the titles are nicely done in bold, she summarizes each chapter, and the pictures tell the story. This book helped me to better understand what a lupus patient goes through. It also enlightened me to the challenges, obstacles, and the positive outcome of her life. Renee

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