



Business from Bed: The 6-Step Comeback Plan to Get Yourself Working Again After a Health Crisis

Joan Friedlander Ph.D C.Psych

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When you're recovering from a medical emergency, the work-life equation can be thrown into turmoil. Joan Friedlander, herself diagnosed with a chronic illness over twenty years ago, knows this personally and can show you how to get back in the game, whether you're a self-employed entrepreneur, a small business owner, or re-entering the traditional job market. For those recovering from a health crisis, living with disability, or adjusting to life with a chronic disease, health comes first but professional life doesn't have to suffer. The 6-step comeback plan in *Business from Bed* is designed to help you successfully integrate emotional, social, and physical healing with the practical aspects of rebuilding a business or career and getting back to work.

With *Business from Bed*, you'll learn how to:

- Rediscover your inherent value and design your ideal life
- Evaluate options for working from home
- Find invigorating and meaningful work
- Manage a prolonged illness and understand your body's needs
- Talk to clients, bosses, and co-workers about your health
- Balance physical, mental, and professional well-being

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