

# Living Well with a Hidden Disability: Transcending Doubts and Shame and Reclaiming Your Life



## CHRONIC PAIN LIFESTYLE

**WE ARE NOT THE HARE.**

**WE ARE THE TURTLE.**

**WE MODERATE**

**WE DON'T EXCEED OUR**

**LIMITS.**

**SLOW AND STEADY**

**EMBRACE THE TURTLE.**

Making Invisible  
Disabilities Visible

MAKING INVISIBLE DISABILITIES VISIBLE  
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