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# You're Not Crazy And You're Not Alone: Losing the Victim, Finding Your Sense of Humor, and Learning to Love Yourself Through Hashimoto's

Stacey Robbins

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Foreword by Izabella Wentz, PharmD, FASCP

Author of "Hashimoto's Thyroiditis: Lifestyle Interventions for Treating the Root Cause"

## You're Not Crazy & You're Not Alone

Losing the Victim, Finding Your Sense of Humor, & Learning to Love Yourself Through Hashimoto's



STACEY ROBBINS

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Stacey Robbins : You're Not Crazy And You're Not Alone: Losing the Victim, Finding Your Sense of Humor, and Learning to Love Yourself Through Hashimoto's before purchasing it in order to gage whether or not it would be worth my time, and all praised You're Not Crazy And You're Not Alone: Losing the Victim, Finding Your Sense of

## Humor, and Learning to Love Yourself Through Hashimoto's:

15 of 16 people found the following review helpful. Instructional, intuitive and hilariously insightful  
By Wittbelle  
First of all, I will definitely have to read this book again--at least one more time, but more than likely, several. It's so full of helpful advice and, dare I say "wisdom" that it would be impossible to glean everything from it that one can with just one pass through. The recommendations and referrals alone are worth the price of the book, but Stacey Robbins' insights into the challenges that women with Hashimoto's face, and the circumstances leading up to diagnosis are where the meat lies. Such understanding is quite uncommon. I mean, is it just me, or does it seem like Stacey's been shacking up in our brains? It's kinda' freaky how she knows so much without knowing us at all. Just sayin' ...This is not a hard read, which is what makes it so surprisingly heady! Somehow, woven amidst all of Stacey's candid tales of woe, amidst her encouragement, amidst her personal revelations, is a spiritual journey of epic proportions! And the best part is, she invites you along for the ride. And THAT is priceless. This is a great book for Hashimoto patients and non-Hashi's folks alike. Everyone has felt alone and crazy at one time or another, and through her generosity and vulnerability, Stacey makes you feel like there really is someone who understands just how you feel. And that can be a very welcome feeling indeed.  
5 of 5 people found the following review helpful. Wonderfully refreshing and inspiring  
By Jean A "Gamma"  
Stacey Robbins has made a masterful pitcher of lemonade from the lemons that come with health and personal challenges. Her anecdotal telling of her journey is so refreshing and helps to show you the way to put things in perspective while taking your path to wellness. There is a warmth in her retelling, and there is a sense of raw in her process. Her spirit shines through it all and you wish you could just sit and chat with her over a cup of tea. You know you'd be happier for it and you can't help but admire her honesty and grace. A journey worth taking with her and perhaps taking again and again.  
4 of 4 people found the following review helpful. A M A Z I N G book FULL of wisdom!!!  
By Danielle  
"You're Not Crazy and You're Not Alone" is a gateway to the deeper understanding of health and well being mentally, spiritually and physically, whilst living with Hashimoto's disease. A must read for everyone who is either just starting their auto immune journey, or is well on their way to wellness. This amazing collection of wisdom will benefit everyone who reads it. Stacey write's from almost two decades of experience, and writes it in a way that is easy to take in (yes even if you still have brain fog!) and will make you laugh at times, but may also make you cry with the understanding and depth she shares with a huge amount grace and love. The knowledge shared in this book can save you having to learn many lessons hard way, and let's face it, living with hashimoto's can be hard enough! I only wish this book was available at the beginning of my journey!

*You're Not Crazy and You're Not Alone: Losing the Victim, Finding Your Sense of Humor, and Learning to Love Yourself Through Hashimoto's* by Stacey Robbins shines a flashlight on the emotional, physical, and spiritual journey within women with this autoimmune dis-ease. Stacey explores the common areas that women with Hashi's struggle: like perfectionism and self-rejection -- and common past experiences -- like abuse or injury. Stacey inspires women to look at their lives, and Hashimoto's differently, and to use this diagnosis as an opportunity for inner healing, greater happiness, and loving themselves.

About the Author  
Stacey Robbins has used the diagnosis of Hashimoto's as a pathway to discovery and inner healing. With raw honesty, humor, and deep insight, Stacey tells stories and goes on mystical tangents, inspiring readers to look at this autoimmune disease differently -- and to consider loving themselves as part of their treatment too. Stacey lives in Southern California with her family and travels as an author, speaker, and health advocate.