

# From Survive to Thrive: Tips for living well with a chronic illness

Presented by: Dr. Mana K. Ali Carter, PhD

## Key Points:

- How to avoid disease burnout
- How to deal with uncertainty
- Coping with grief
- Building your resilience



## About the Presenter:

Mana K. Ali Carter, PhD, is a psychologist at MedStar National Rehabilitation Hospital helping individuals cope with various physical and medical conditions and achieve an optimal quality of life.



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