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Living with Life-Threatening Food Allergies: A Teenager's Guide to Doing it Well

Elisa Stavola

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Being a teenager can be an incredibly challenging and stressful experience, but being a teenager with life-threatening food allergies propels it to a whole new level. As a seventeen-year-old who has lived her whole life with food allergies, Elisa Stavola imparts wisdom and advice that can only come from experience. The information she shares in this book can be helpful to anyone, regardless of age, who has a food allergy, loves someone with a food allergy, or even knows someone with a food allergy. Living with Life-Threatening Food Allergies: A Teenager’s Guide to Doing it Well contains valuable information, guidance and suggestions from someone who has navigated the path from childhood into young adulthood while living with anaphylactic food allergies. Living with Life-Threatening Food Allergies discusses topics such as education, safety, resources, and support programs. It communicates helpful information about camp, grade school, college, dating, traveling and dining out. The resources that Ms. Stavola shares with readers are extremely useful tools that can help manage daily life and make living with food allergies easier. There are numerous links to websites that provide even greater assistance with gathering helpful information in dealing with allergies. The tone of the book is positive and encouraging and it seeks to help everyone dealing with this condition lead successful, happy, healthy and normal lives.

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