

# PAIN-LESS

## ANNE WELSH

### Key selling points

- Candid memoir about life with sickle cell anaemia.
- Anne offers support and advice to other sufferers and their families.
- An inspirational story of resilience and determination.

### About the book

Anne Welsh has lived with chronic pain all her life. As a sufferer of sickle cell disease, she is no stranger to the everyday struggles and mental anguish that can come from living with an invisible illness.

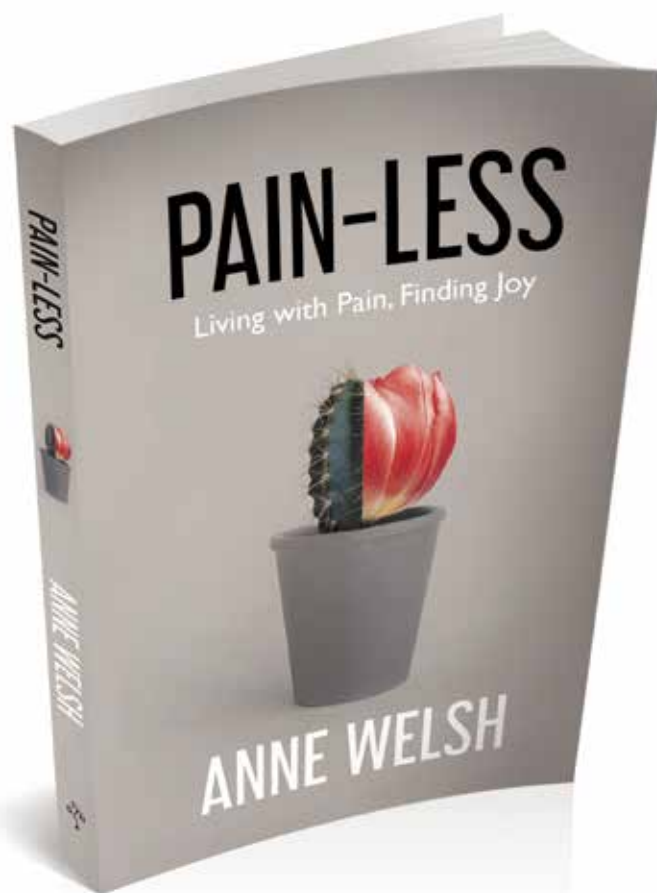
Like so many who suffer from painful and life-changing conditions, Anne has battled with depression – times when she believed that she could never lead a normal and happy life. But thanks to the support of many people along the way, she has discovered that life can still be wonderful, no matter what your challenges are.

For Anne and many like her, pain is an inevitable part of daily life, but that doesn't mean you can't fulfil your dreams – whatever they may be.

### About the author

Anne Welsh is an author, entrepreneur and philanthropist. She was born in Nigeria and emigrated to the United Kingdom when she was very young. She was diagnosed with sickle cell anaemia at the age of three.

She is married with two children – something she thought would never be possible – and two stepchildren and lives in London. Find out more at [www.annewelsh.com](http://www.annewelsh.com)



## Living with Pain, Finding Joy

### Book information

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