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Understanding one's disease, its emergence, specific manifestations, importance, and evolution is not a spontaneous or top priority for patients. With the discomfort and great suffering it brings, the first reaction is to seek therapeutic help. This book aims to show that understanding can be crucial at three levels: Firstly, it answers the human need to give meaning to their struggles, dispelling fatalism and randomness. Secondly, this knowledge will enable better orientation in medical advice, treatments, and pessimistic forecasts, restoring hope. Finally, it provides an opportunity to help others by sharing a new approach and personal testimony.