



The Feel-Good Guide to Fibromyalgia and Chronic Fatigue Syndrome: A Comprehensive Resource for Recovery

Lynette Bassman

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A Personalized Approach to Feeling Better

Struggling with fibromyalgia (FMS) and chronic fatigue syndrome (CFS) is a triple challenge: Not only must you deal with pain, exhaustion, and other symptoms, but you also have to contend with health-care providers who often won't acknowledge that you're actually sick, and a confusing array of health care options. In twenty years of practice, author Lynette Bassman has seen many people with FMS and CFS. She's even struggled with CFS herself. Bassman knows that it's possible to overcome these conditions. She found the right combination of approaches to heal herself-and so can you, if you use the comprehensive information and recovery advice you'll find in this book.

The Feel-Good Guide to Fibromyalgia and Chronic Fatigue Syndrome begins with an overview, offering a simple explanation of what is known about FMS and CFS. It then describes and evaluates most available therapies, both conventional and alternative, that can address not only physical symptoms but emotional and spiritual ones as well. You'll assess your own symptoms and customize a treatment approach that meets your own unique symptom profile. Finally, you'll learn how to chart a course to recovery that will help you feel better and maintain your progress.

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