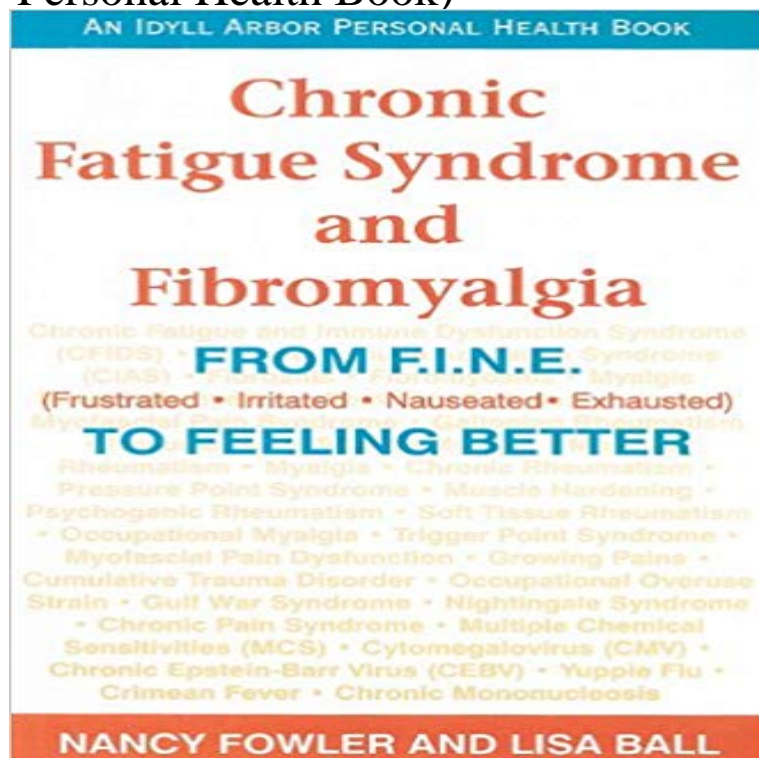


Chronic Fatigue Syndrome and Fibromyalgia: From F.I.N.E. (Frustrated, Irritated, Nauseated, Exhausted) to Feeling Better (An Idyll Arbor Personal Health Book)



Chronic Fatigue and Fibromyalgia are like thieves, stealing from their victims. They take lives and leave people who have the diseases in pain and totally drained. People are affected physically, emotionally, sexually, socially, and financially. The lucky ones can function... somewhat. Some people with these illnesses are so weak and debilitated they feel that they couldn't move to save themselves if their house was on fire. This book makes it clear that the symptoms are real, not something that is trivial or imagined. It urges the reader to accept the disease, learn to cope with its ups and downs, and search for ways to make life better. There is no cure yet, but this book describes ways to live more fully.

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