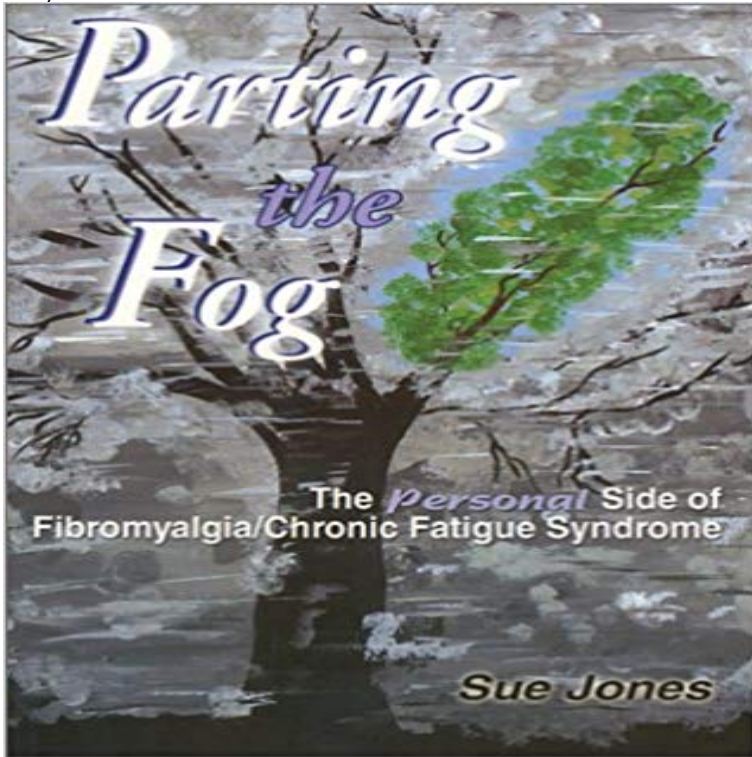


# Parting the Fog: The Personal Side of Fibromyalgia/Chronic Fatigue Syndrome



Parting the Fog is a candid, first person account of what it is like to walk in the shoes of someone suffering from fibromyalgia/chronic fatigue syndrome. It relays the seriousness of this condition in an easy-to-read manner, while employing humor and focusing on hope. It is a combination of prose and inspiring poetry. Each of the 17 short chapter ends with a personal page to enable sufferers to record their own thoughts and experiences, if they so choose. It also includes: a Dont Ask-Do Ask list for Normals; a letter to supportive people; a description of the treatment plan the author believes holds the best hope of recovery from symptoms; and chapters on perspective, faith, loss and hope. It is unique, personal, and will help others understand the struggles those with FMS/CFS are faced with. It is an important addition to the FMS/CFS sufferers library.

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