

RECOVERY FROM CFS - 50 Personal Stories



Recovery from CFS - 50 Personal Stories is a simple collection of recovery stories from people who have recovered from CFS/ME. Men, women and children from six different countries who were all diagnosed with CFS/ME and who were ill for between 2 and 25 years, have written their own individual and very different accounts of their return to good health and a normal life. At the end of each account they have offered advice, suggested helpful books and websites, and many have even given contact details for readers needing support. The foreword is written by Dr Jacob Teitelbaum, Medical Director of the Fibromyalgia and Fatigue Centers, Inc. USA. Dr Teitelbaum had CFS himself as a medical student and is one of the worlds foremost experts in CFS. Two of the stories are written by doctors, including that of Dr Clare Fleming who edited two reports from the UK National Task Force and who contributed to the Action for ME rehabilitation courses. There is also the inspiring story of canoeist Anna Hemmings who returned to win the world championship Gold medal nine months after recovering from CFS. 20% of the book proceeds go to CFS/ME research.

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