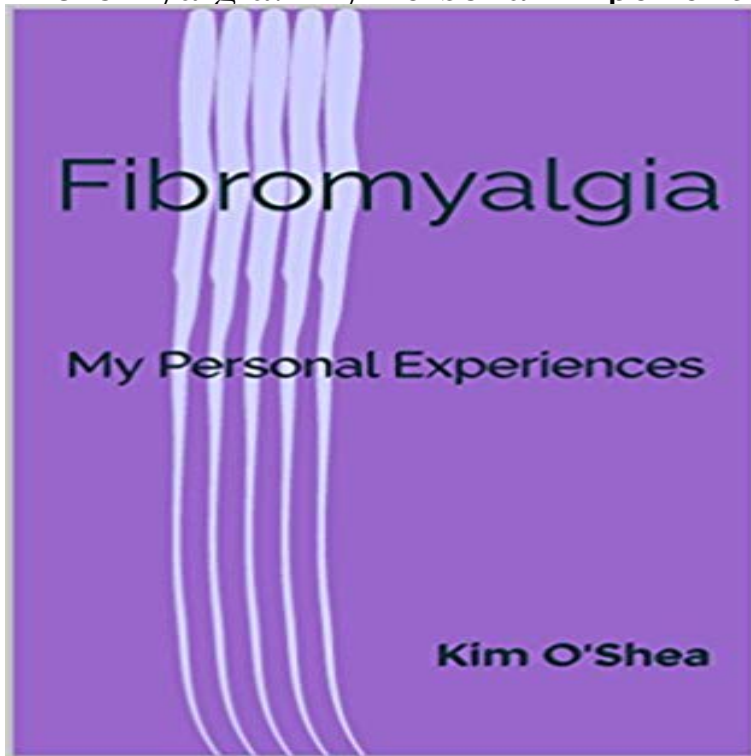


Fibromyalgia: My Personal Experiences



Fibromyalgia is an often misunderstood disease affecting women more than men and adults more than children. This guide tells my personal story and how I am coping with this illness. I give details of the things that help me in the hope that they may help you as well. I have used simple language to describe the illness and its effects rather than using the often confusing and scary medical jargon with which we are sometimes bombarded in our daily battle with this disease.

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