



# **Fighting Fatigue: a practical guide to managing the symptoms of CFS/ME**

*Sue Pemberton, Catherine Berry*

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# Fighting Fatigue: a practical guide to managing the symptoms of CFS/ME

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This practical manual comes from a nationally recognized centre for CFS/ME and is jointly written by health professionals and their patients. They give straightforward and specific expert advice, accompanied by real life stories, on managing different aspects of everyday life that can affect energy and they show how to put this advice into practice. They understand the way fatigue affects concentration and therefore break their guidance into easy-to-follow steps that can be worked through at the reader's own pace. Unlike other available books, this does not cover causes, symptoms or the controversy around whether the condition is 'real'. Looking in detail purely at how to get better, it is for patients who have been diagnosed with CFS/ME and for their carers. It is also highly relevant to health professionals wanting to provide their patients with self-help strategies that are compatible with the current evidence base. Anyone suffering ongoing, abnormal fatigue will likewise find it a 'must read'.

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This Fighting Fatigue: a practical guide to managing the symptoms of CFS/ME book is simply not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is definitely information inside this e-book incredible fresh, you will get details which is getting deeper anyone read a lot of information you will get. This Fighting Fatigue: a practical guide to managing the symptoms of CFS/ME without we understand teach the one who examining it become critical in imagining and analyzing. Don't possibly be worry Fighting Fatigue: a practical guide to managing the symptoms of CFS/ME can bring any time you are and not make your handbag space or bookshelves' come to be full because you can have it inside your lovely laptop even cellphone. This Fighting Fatigue: a practical guide to managing the symptoms of CFS/ME having good arrangement in word and also layout, so you will not really feel uninterested in reading.

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