



## How to Beat Chronic Fatigue Syndrome and Get Your Life Back!

By Warren Tattersall, Helene Malmsio

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In this book we are giving you the tools to be able to confirm if your symptoms match the common CFS indicators, and if they do, how you can get on with the job of beating your chronic fatigue. This purpose of this book is to give an overview of the whole range of available CFS therapies and to talk though all the treatment choices with you. It will look at the current state of medical thinking, and show you how to find the medical and alternative practitioners that are skilled in treating CFS and how to talk with them at your consultation. It will help you to review the therapies that have already worked for others, make your selection of what resonates with your condition and lifestyle, and translate those strategies into your own individual therapy plan. We also want you to be able assist the people around you to gain some understanding of the condition, so that they can understand what you are dealing with and be fully supportive in your CFS management and recovery process....



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