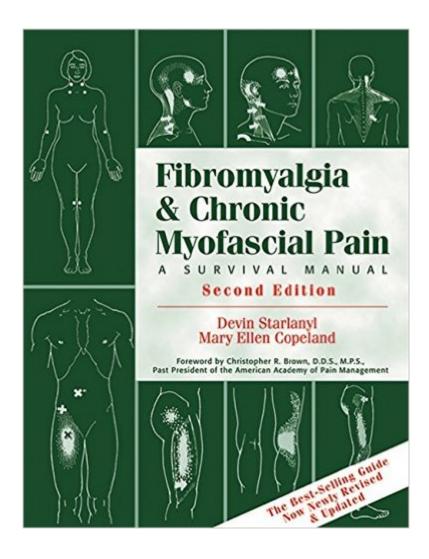
The book was found

Fibromyalgia And Chronic Myofascial Pain: A Survival Manual (2nd Edition)





Synopsis

This classic survival manual offers you the first comprehensive patient guide for managing the common but often misdiagnosed conditions of fibromyalgia and chronic myofascial pain. The management techniques found in Fibromyalgia and Chronic Myofascial Pain include targeted bodywork for painful trigger points and strategies to help you cope with the chronic pain, sleep problems, and numbing effects of 'fibrofog' that occur as a result of the disease. This edition includes coverage of promising new research on the causes of fibromyalgia, evaluation of new treatments, complete discussions of special issues for women and men, and the latest information on medication. It includes a popular provider index, which can help you select those practitioners who will take your complaints seriously and offer knowledgeable treatment advice.

Book Information

Paperback: 432 pages

Publisher: New Harbinger Publications; 2nd edition (June 30, 2001)

Language: English

ISBN-10: 1572242388

ISBN-13: 978-1572242388

Product Dimensions: 1 x 8.5 x 10.8 inches

Shipping Weight: 4.6 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â See all reviews (218 customer reviews)

Best Sellers Rank: #84,630 in Books (See Top 100 in Books) #21 in Books > Health, Fitness &

Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia #32

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #44

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

Customer Reviews

I understand that any negative review amongst this sea of praise is likely to be met with skepticism, so let me first say that, yes, I have read the entire book, and yes, there are some good points to it. Indeed, I admire anyone who, having found answers and relief, is motivated to share this information with others. The authors certainly have done extensive research and no one could accuse them of not being thorough in this 400 page, well referenced tome. In addition, amongst these pages are literally boatloads of good advice!Synopsis Review:I found this book extremely depressing & unfocused, with far too much extraneous information of questionable value. In addition, I believe that the authors may be deliberately attempting to deceive the reader about their

credentials, and lifted too much material from other sources. Perhaps most distressing, however, are the long chapters on every conceivable new-age alternative therapy and the campy tone of pseudo science that prevails, which will undoubtedly reinforce the medical community's views of FMS & CMP as "fad" or "yuppie" diseases. My recommendation: Get Clair Davies excellent "Trigger Point Therapy Workbook" as a start. It is everything that this book is not - Very focused, empowering, and immediately applicable to help you start feeling better NOW. In addition, Davies is such a consummate perfectionist that, though he isn't a doctor, (and says so up front) he clearly has acquired detailed knowledge of Anatomy which may even surpass that of many in the Medical community. Full Review: Now, let me discuss some of the reasons why I titled this review "Greatly Disappointed.

Download to continue reading...

Fibromyalgia and Chronic Myofascial Pain: A Survival Manual (2nd Edition) Fibromyalgia: The complete guide to fibromyalgia, understanding fibromyalgia, and reducing pain and symptoms of fibromyalgia with simple treatment methods! The Fatigue and Fibromyalgia Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy! The Fibro Fix: Get to the Root of Your Fibromyalgia and Start Reversing Your Chronic Pain and Fatigue in 21 Days Autogenic Training: A Mind-Body Approach to the Treatment of Fibromyalgia and Chronic Pain Syndrome Myofascial Pain and Dysfunction: The Trigger Point Manual; Vol. 2., The Lower Extremities Myofascial Pain and Dysfunction: The Trigger Point Manual, Vol. 1 - Upper Half of Body Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual (2-Volume Set) The Endo Patient's Survival Guide: A Patient's Guide to Endometriosis & Chronic Pelvic Pain Exercises for Fibromyalgia: The Complete Exercise Guide for Managing and Lessening Fibromyalgia Symptoms Internal Cleansing: Rid Your Body of Toxins to Naturally and Effectively Fight Heart Disease, Chronic Pain, Fatigue, PMS and Menopause Symptoms, and More (Revised 2nd Edition) Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome The New Bible Cure for Chronic Fatigue and Fibromvalgia: Ancient Truths, Natural Remedies, and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) Autoimmune: The Cause and The Cure (This book identifies the cause & the cure for: Chronic Fatigue Syndrome, Fibromyalgia, Lupus, Rheumatoid Arthritis, Raynaud's, Rosacea, Myasthenia Gravis, Hashimoto's, Type 2 Diabetes, Multiple Sclerosis, Sjogren's, and more) Strategies: A Chronic Fatigue Syndrome and Fibromyalgia Journey The Fibromyalgia Cookbook: More than 140 Easy and Delicious Recipes to Fight Chronic Fatigue Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome One & the

Same: Connecting Fibromyalgia, Chronic Fatigue Syndrome, Candidiasis & Immune System

Dysfunction A Meditaiton to Help With Fibromyalgia & Chronic Fatigue (Heath Journeys Guided

Imagery CD) Taking Control of TMJ: Your Total Wellness Program for Recovering from

Temporomandibular Joint Pain, Whiplash, Fibromyalgia, and Related Disorders

<u>Dmca</u>