



Fibromyalgia Basics

Pati Chandler

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With estimates of up to twelve million sufferers, chances are you know someone with fibromyalgia, either a family member, friend, or coworker or it could be you. Fibromyalgia can and does affect the home, relationships, workplace, and the quality of life of the one suffering from this complex syndrome. The problem is fibromyalgia is not a one-treatment-fits-all kind of syndrome. *Fibromyalgia Basics: A Beginner's Guide* opens the door to a multitude of options that have been proven to help fibromyalgia symptoms options you never knew you had. There's no fancy medical jargon here; this book is designed to provide a simple, quick approach so you can immediately start learning what you can do to help the pain, exhaustion, sleeplessness, depression, and other symptoms. Pati Chandler reveals many of the often hidden and unknown factors that can aggravate many of those symptoms. And she shares her own tips and tricks that have helped her manage her symptoms quite successfully since the year 2000! Fibromyalgia will change your life. But you can choose what direction that change will take. You can regain the quality of life that you deserve. This book will help.

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