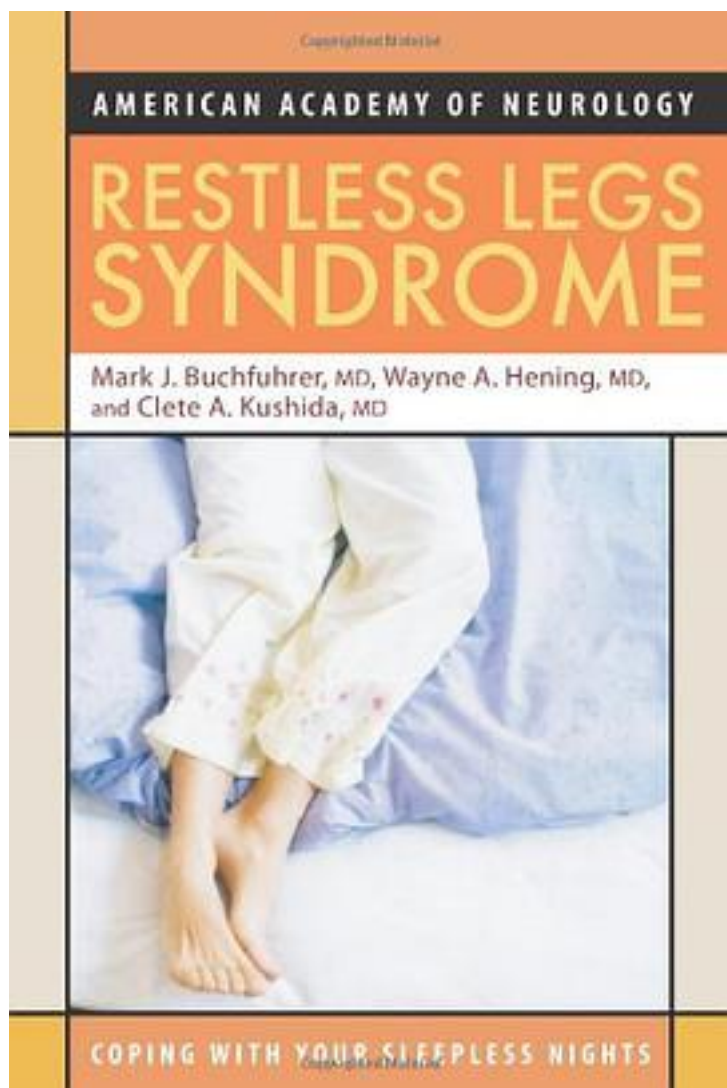


Restless Legs Syndrome



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Do you feel an irresistible urge to move when you need to be still? Do you call the urges heebie jeebies, ants crawling under your skin, spider webs on your legs, electric feelings, growing pains, or crazy legs? If so, you may be an RLSer (a person who has Restless Legs Syndrome). If you want to be still through movies, long plane rides, hospital stays, or long days of working at your desk, read "Restless Legs Syndrome: The RLS Rebel's Survival Guide," You will learn to organize and develop effective ways to: Fight the "beast of RLS" Decrease the severity of your RLS Prevent RLS attacks Develop a Bag of Tricks Approach Develop team work with your doctor Help children who have RLS Communicate with RLS supporters.

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