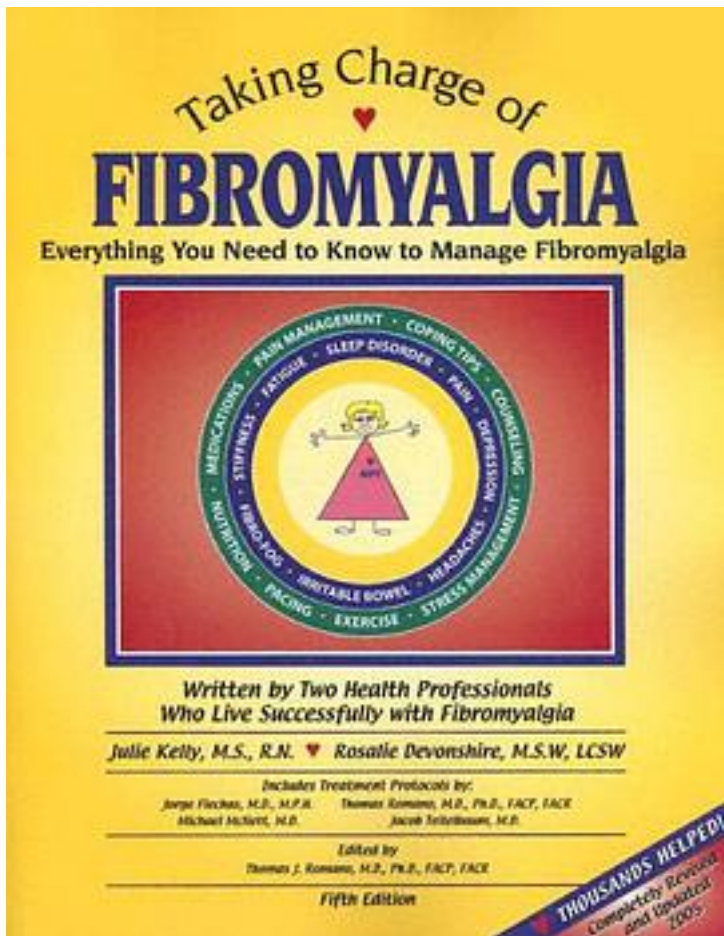


# Taking Charge of Fibromyalgia



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The 2005 edition of Taking Charge of Fibromyalgia is completely revised and updated with the most effective treatments currently available for the condition. It is written by two health professionals who live successfully with fibromyalgia and have helped

thousands feel better This book is useful for patients, their families, and health care professionals and provides concise information on the diagnosis and symptoms, research, sleep disturbances, medications, pain management, practical coping tips, exercise, work issues, stress management, psychological aspects, flare-ups, diet and nutrition, alternative and pioneering treatments, and national resources. Treatment protocols are also included by four prominent physicians.

作者介绍:

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