



Fighting Fatigue: a practical guide to managing the symptoms of CFS/ME

Sue Pemberton, Catherine Berry

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This practical manual comes from a nationally recognized centre for CFS/ME and is jointly written by health professionals and their patients. They give straightforward and specific expert advice, accompanied by real life stories, on managing different aspects of everyday life that can affect energy and they show how to put this advice into practice. They understand the way fatigue affects concentration and therefore break their guidance into easy-to-follow steps that can be worked through at the reader's own pace. Unlike other available books, this does not cover causes, symptoms or the controversy around whether the condition is 'real'. Looking in detail purely at how to get better, it is for patients who have been diagnosed with CFS/ME and for their carers. It is also highly relevant to health professionals wanting to provide their patients with self-help strategies that are compatible with the current evidence base. Anyone suffering ongoing, abnormal fatigue will likewise find it a 'must read'.

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