



Living with Fibromyalgia

Dean Mondell, Patti Wright

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A clear, four-step plan to overcoming fibromyalgia

Fibromyalgia is a widespread musculoskeletal pain and fatigue disorder that afflicts nearly 10 million Americans--mostly women. Written by a fibromyalgia sufferer and her doctor, who are collaborators for the Fibromyalgia Friends Support Group, *Living with Fibromyalgia* provides you with a revolutionary four-step plan to overcoming this debilitating condition.

Although there is no known cause or cure for fibromyalgia, much can be done to relieve the pain. *Living with Fibromyalgia* lays out a clear strategy and easy-to-follow plan that will help you learn how to adapt to this chronic illness.

The book explores how you can:

- Find the right care
- Rebuild your relationships
- Stabilize stress . . . and more

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