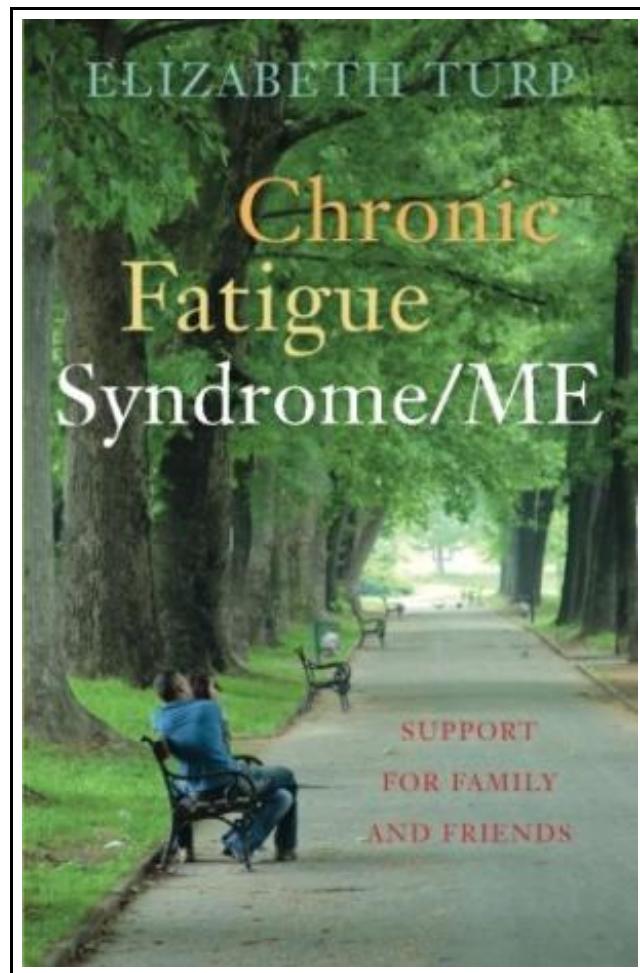


Chronic Fatigue Syndrome/ME: Support for Family and Friends



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Reviews

It is really an incredible publication which i actually have possibly read through. It really is written in easy phrases and not confusing. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Jodie Wehner)

CHRONIC FATIGUE SYNDROME/ME: SUPPORT FOR FAMILY AND FRIENDS

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Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, Chronic Fatigue Syndrome/ME: Support for Family and Friends, Elizabeth Turp, People with Chronic Fatigue Syndrome (CFS)/ME experience extreme tiredness and a range of other symptoms, including pain, headaches, impaired concentration and memory, anxiety, sleep problems, and palpitations. The condition can affect all areas of a sufferer's life and, in turn, the lives of those who are close to them. This book provides the families and friends of people with CFS/ME with an accessible introduction to the condition, and explains what can be done to support those who have it. It offers useful advice on how to help a loved one cope with the illness, and suggests ways to help them with everyday issues such as personal hygiene, nutrition, finances, and relationships. Recognising that coping with the impact of CFS/ME can be just as difficult for the relatives and friends of those with the condition, it addresses the emotional, social, and practical aspects of having a loved one with CFS/ME, explains how to understand the changes in their relationship with the sufferer, how to manage stress, and where to go for further help and support. The book also includes detailed case studies and practical advice from a wide range of people with mild, moderate, and severe CFS/ME, and their loved ones. This book offers much-needed information and support to the friends, families, and carers of people with CFS/ME. It will also be a useful resource for health professionals who wish to deepen their understanding of CFS/ME, including home helps, care staff, counsellors, therapists, doctors, and nurses.



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