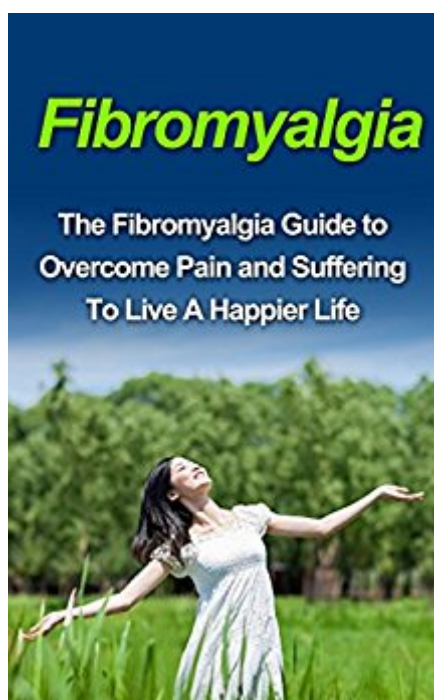


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# Fibromyalgia: The Fibromyalgia Guide To Overcome Pain And Suffering To Live A Happier Life



## Synopsis

Effective Strategies For Managing, Living And Being Pain Free Once And For All From Fibromyalgia!!!!\*\*Read This Book for FREE on Kindle Unlimited - Download Now!\*\*Suffering from Pain all over your body and it never seems to quit! Fibromyalgia is a chronic condition that affects about 6 million Americans. With Fibromyalgia, you often feel exhausted and hurt all over. The worst part of Fibromyalgia is that your doctor may not find anything wrong with you even after multiple lab tests. Fibromyalgia is usually misunderstood and misdiagnosed. Do you constantly ask yourself "Is It Going To Get Worse?" With Fibromyalgia Guide, you will learn everything you've always wanted to know about Fibromyalgia. This book is to help all those who suffer with Fibromyalgia to regain their health and live a pain free life. You will discover the signs and symptoms behind this chronic condition. The types of treatment methods for relieving the pain caused by Fibromyalgia. Lifestyle choices that you can make to effectively move towards recovery. Most importantly, this book guides you every step of the way to help you to say good riddance to Fibromyalgia. Fibromyalgia Guide includes ...What is FibromyalgiaLearn The Signs And Symptoms of FibromyalgiaDiagnosing FibromyalgiaNatural And Medical Treatment Methods for FibromyalgiaHow to Manage FibromyalgiaLifestyle Changes Towards Health ImprovementCommon Mistakes To Avoid With FibromyalgiaAnd So Much More!Take action today and get relief from Fibromyalgia NOW!!

## Book Information

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## **Customer Reviews**

This is a quick read and has accurate basic info on FMS but nothing you can't get from a simple Google search. I was hoping to see more in the line of testimonials from other FMS sufferers. I was put off by the number of typo and grammar errors but otherwise give it three stars.

This book is incredibly helpful, friendly and a resource you shouldn't overlook. This condition is so confusing and not well understood by many people including the afflicted. Many people still think it's "just in our heads" and I've questioned this myself many times. Really well written with a tone of compassion and understanding that could only come from a fellow Fibromyalgia sufferer. Richard has a wealth of experiences to draw from, both her own as well as that of her coaching clients and the support group she leads, he can use that experience to put into words concepts that are often hard to verbalize (especially on those fibro-fog days). This book is a much needed resource for so many. Share it with those in need!

This book has given me the step by step tools needed to help get my life back. It also describes why we have the exhaustion! I've tried so many things over the years and this is like nothing else. It has been clear and easy to read so far and really does offer an array of solutions as to how to combat what we sufferers endure on a daily basis as a result of these conditions. This is one of the effective resources for reading about Fibromyalgia you will find.

After reading this book I was able to fully comprehend all about fibromyalgia. I can see it from the POV of the sufferer and sorta take an active role to help these patients. This book is a simple and uncomplicated source for all to gather a lot of helpful details about fibromyalgia.

Fibromyalgia is a controversial topic. Some believe, some don't. It is where the book comes in. I am diagnosed with this disorder, but I cannot get more opinion about my condition. Many believe that it is mind-induced situation, one caused by some psychological matter. I would like to see certification or reliable source for this topic, but the book does not have it. But the book made me understand

more my condition so it is okay.

This book about Fibromyalgia is very well written with a wide variety of explained causes and cares of the symptoms associated with this condition. The author, Richard Hill is suggesting interesting treatments, but for some of them, I am very skeptic because of the lack of validity. The book starts with the basic questions, what the Fibromyalgia is and its main symptoms and causes. Great overview of the general treatment options available and important lifestyle tips that can help anyone suffering from it to learn how to manage this illness. It explains what it is like to be sick with fibro and the struggle of dealing with it. Really great and healthy approach to managing the pain and stress. It is definitely a good read and well spent time and money.

The book is well written and easy to understand. However it contains no new information for those who are well read on the subject. The book starts with the basic questions, what the Fibromyalgia is and its main symptoms and causes. Great overview of the general treatment options available and important lifestyle tips that can help anyone suffering from it to learn how to manage this illness. It explains what it is like to be sick with fibro and the struggle of dealing with it. Really great and healthy approach to managing the pain and stress. I believe this advice has a good effects especially to improve your mood and live to the fullest.

Honestly speaking, Fibromyalgia is a new stuff to me, that's why I was so curious in getting this book. And upon reading this, I came to know that my new colleague was diagnosed to have this disease. He said he was in so much pain that could not perform his daily activities. Everything he did caused pain and I really pity him for that for I can understand what he's undergoing right now with the information I have gained from this book. So I right away shared this book with him and hopefully this will really help him a lot because anyone suffering from Fibromyalgia wakes up in pain, stays up in pain and goes to bed in pain. But through this book he will wake up with hope, stay up with hope and go to bed with hope.

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Fibromyalgia: The Complete Guide to Living: Easy and Natural Cures that Reduce Fibromyalgia Pain and Suffering  
Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger

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