



Overcoming Chronic Fatigue: A Books on Prescription Title (Paperback)

By Trudie Chalder, Mary Burgess

Little, Brown Book Group, United Kingdom, 2009. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. A Books on Prescription Title Break free from the crippling cycle of chronic fatigue Chronic fatigue syndrome (CFS) is a debilitating illness, characterized by severe exhaustion and flu-like symptoms, which affects almost three per cent of people in the UK and for which conventional medicine currently has no cure. This valuable self-help guide offers sufferers a better understanding of CFS as well as strategies on breaking the vicious circle of fatigue. The result is a proven reduction in symptoms and disability in up to two-thirds of CFS sufferers. Based on recognized CBT techniques Offers practical strategies for balancing activity and rest Explains the role of worry and stress and how best to cope How relatives and friends can help.



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