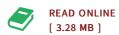




## Chronic Fatigue Syndrome/ME: Support for Family and Friends

By Elizabeth Turp

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 hygeine, 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...



## Reviews

This publication could be worth a read through, and far better than other. This is certainly for all those who statte there was not a worth reading through. You may like just how the author compose this publication.

-- Dr. Kayley Kovacek PhD

Very good e-book and valuable one. It really is packed with knowledge and wisdom I am just very easily could possibly get a satisfaction of reading a created pdf.

-- Walton Haag