

# The Feminist Bookshop

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## CHRONIC FATIGUE & PAIN MANAGEMENT SUGGESTED READING LIST

### **Effortless Pain Relief**

*Ingrid Bacci \$24.95*

Guide to self-healing from chronic pain.

### **The Feel-Good Guide To Fibromyalgia & Chronic Fatigue Syndrome**

*Lynette Bassman \$29.95*

Comprehensive resource for recovery from chronic pain, exhaustion, and other symptoms.

### **Chronic Fatigue Syndrome, Fibromyalgia And Other Invisible Illnesses**

*Katrina Berne \$31.95*

Comprehensive guide to latest research on causes, symptoms, diagnosis, and treatment.

### **How To Say No Without Feeling Guilty**

*Patti Breitman \$25.95*

How to say yes to more time, more joy, and more of what matters to you most.

### **Living Well With Pain & Illness**

*Vidyamala Burch \$44.95*

Mindful way to free yourself from suffering and chronic pain.

### **Chronic Fatigue Syndrome**

*Kenny De Meirleir \$54.95*

Different schools of thought, research and clinical interventions for CFS and ME. Critical reviews and clinical advances. Possibly most suitable for medical practitioners.

### **Healing Words**

*Larry Dossey \$26.95*

The power of prayer in the practice of modern medicine.

Restores the spiritual art of healing to the science of medicine.

### **Resilience**

*Anne Deveson \$26.95*

How is it that some people can be resilient in adversity, while others become overwhelmed. A compassionate writer shares her own experiences of coping and finding resilience.

### **Fibromyalgia & Chronic Fatigue Syndrome**

*Fred Friedberg \$25.95*

Proven steps to less pain and more energy, an evidence based improvement plan.

### **Mind Over Mood**

*Dennis Greenberger \$47.95*

Change how you feel by changing the way you think. Helpful for depression and anxiety that can accompany CFS.

### **Boundaries**

*Anne Katherine \$24.95*

Demonstrates the importance of boundaries, and helps you to decide if yours are being violated. Suggestions on how to protect yourself. Consistent breaking of boundaries, especially from childhood, can lead to chronic illness, both emotional and physical.

### **Your Life Matters**

*Petrea King \$24.95*

Shows the way to peace and well being in spite of facing big obstacles and illness.

### **Stricken**

*Peggy Munson ed \$44.95*

Personal stories from the hidden epidemic of chronic fatigue syndrome.

### **The Creation Of Health**

*Caroline Myss \$24.95*

Describes emotional, psychological and spiritual responses that promote health and healing. Looks at dynamics of the human energy system.

### **Anatomy Of The Spirit**

*Caroline Myss \$24.95*

Understanding the nature of energy in creating health. Audio tapes by Myss also available.

### **Why People Don't Heal And How They Can**

*Caroline Myss \$25.95*

More from this insightful writer on the body-mind connection.

### **Women's Bodies Women's Wisdom**

*Dr Christiane Northrup \$55.00*

Complete guide to women's health and wellbeing from best-selling doctor and healer who draws on total mind-body connection.

### **Food That Helps Win The Battle Against Fibromyalgia**

*Deidre Rawlings \$35.95*

Ease everyday pain and fight fatigue with nutrition.

### **Breaking Out Of Environmental Illness**

*Robert Sampson \$27.45*

Essential reading for people with chronic fatigue syndrome, allergies, and chemical sensitivities.

### **Fibromyalgia & Chronic Myofascial Pain**

*Devin Starlanyl \$33.95*

Second Edition, a survival manual for sufferers. A goldmine of practical advice.

### **Meditations For Women Who Do Too Much**

*Anne Wilson Schaefer \$19.95*

Daily readings for women who overload themselves with too much doing and giving.

### **Living with M.E.**

*Dr Charles Shepherd \$31.95*

Comprehensive book on chronic/post-viral fatigue syndrome. Everything you need to know to understand and manage.

### **Living Well With Chronic Fatigue Syndrome And Fibromyalgia**

*Mary Shomon \$33.95*

What your doctor may not tell you that you need to know.

Comprehensive guide to diagnosis and treatment of CFS and

fibromyalgia. Highlights the pros and cons of conventional and alternative approaches.

**Peace, Love, And Healing**

*Bernie Siegel \$24.95*

An exploration into body-mind communication and the path to self-healing.

**Alternative Treatments For Fibromyalgia & Chronic Fatigue Syndrome**

*Mari Skelly \$39.95*

Insights from practitioners and patients, more options and hope for relief.

**Overcoming Perfectionism**

*Ann Smith \$26.95*

Key to a balanced recovery from the superhuman syndrome of work addiction or over busy-ness.

**The Woman's Book Of Yoga And Health**

*Linda Sparrowe \$45.95*

Lifelong guide to wellness, clear photos and instructions into all aspects of health through a yogic path.

**Fibromyalgia & Chronic Myofascial Pain**

*Devin Starlanyl & Mary Ellen Copeland \$33.95*

Survival manual from two experts in field of chronic pain.

**10 Simple Solutions To Chronic Pain**

*Blake Teerman \$21.95*

How to stop pain from controlling your life. Commonsense and effective ideas.

**From Fatigue To Fantastic**

*Jacob Teitelbaum \$24.55*

Effective treatments for chronic fatigue and fibromyalgia.

**Chronic Fatigue Syndrome/ME**

*Elizabeth Turp \$26.95*

Support for families and friends of people suffering from CFS.

**Complete Self-Help For Your Nerves**

*Dr Claire Weekes \$25.95*

Learn to relax and enjoy life again by overcoming stress and fear. A new edition of an international classic best-seller in print for many years.

**The Resilient Spirit**

*Polly Young-Eisendruth \$25.95*

Transforming suffering into insight and renewal by moving beyond emotional or physical pain towards hope and understanding.

**CDs**

**Sleep Soundly**

**Letting Go**

**Letting Go Of Anxiety**

**Moments Of Stillness**

**Magic Moments**

*Sarah Edelman \$27.95 each*

**Yoga Practice : Deep Relaxation & Meditation CD**

*Rina Genis \$33.00*

**Deep Relaxation And Yoga Nidra CD**

*Madhu Lilley \$26.95*

**Learning To Meditate CD**

**Relaxation CD**

**Healing Journey CD**

**Soar Like An Eagle CD**

**Golden Light CD**

*Petrea King \$26.95 each*

*Our thanks to the various doctors, practitioners and people with CFS who have helped us compile this list of books, and other materials that have proved useful.*

*Prices can change without notice due to publisher increases beyond our control.*