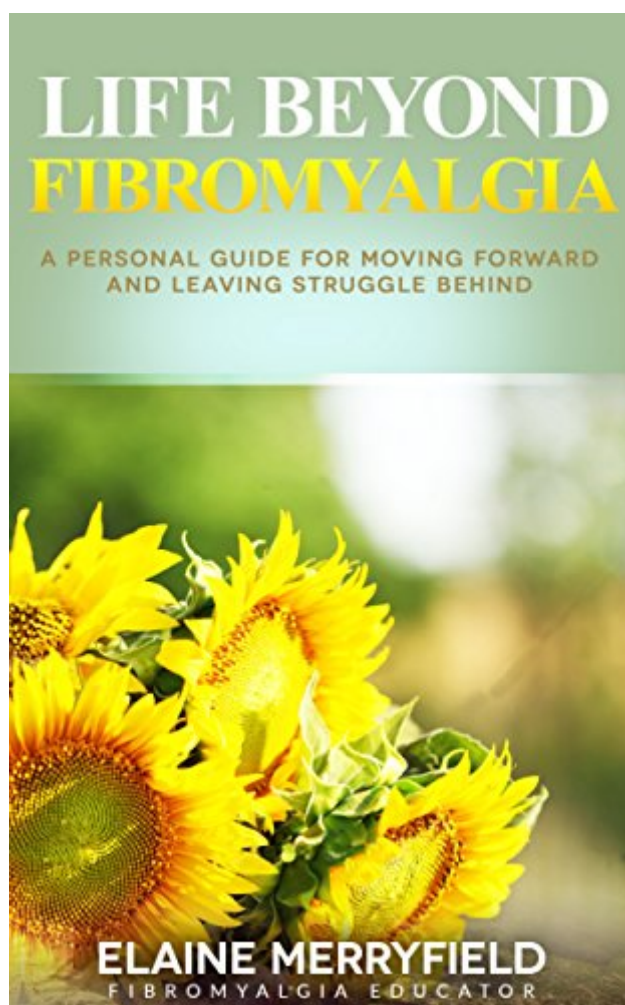


The book was found

Life Beyond Fibromyalgia: A Personal Guide For Moving Forward And Leaving Struggle Behind



Synopsis

Do you often struggle just trying to get through each day? What if you could replace struggle with resilience and hope---and what if you had a set of tools to help you do this?With fresh perspectives and six SIMPLE life-affirming tools to empower you, Life Beyond Fibromyalgia will help you live better again. The author, Elaine Merryfield, is a healthcare professional who has also personally traveled this journey with fibromyalgia.Within these pages, you will not only discover how to feel empowered, but also how to tap into your strengths and sources of hope, joy, and creativity. Elaine will guide you through a series of easy action steps and personal reflections as you begin to use six tools that really make a difference. As you learn the benefits of practicing self-kindness you will claim your right to a path forward that is the best fit for you. This creates a foundation for living better today and in the future.You will learn how to:calm your brain's hyperactive stress response reduce energy drain from inner struggleclarify your personal vision for a "life beyond fibromyalgia"strengthen mental and emotional resiliencefocus your energy on what matters most to youLife Beyond Fibromyalgia is a uniquely valuable resource for fibromyalgia support groups as well as individuals. Its contents support and stimulate a positive healing focus. An appendix lists helpful tips for using in groups.

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Customer Reviews

This book is fabulous! I wish I had had something like this when I was trying to figure out what was going on with my health, and then again when I was trying to figure out how to live with fibromyalgia. I especially like the way the chapters are organized, as well as the reflection exercises, and the self care action steps. Additionally, I appreciate the honest and open personal tone of the book and that the author shared some of her own story as fibromyalgia can be so isolating. The book's focus on self compassion and mindfulness are especially helpful and the section on body appreciation stood out for me as well. Most of all, I deeply appreciate the uplifting, encouraging, and caring tone of the entire book. This book will be a gift to others. Lisa Langstraat, M.A., LPC LisaLangstraat.com

I didn't dislike this book, but didn't find anything new in it for me. I've been living with fibromyalgia since 1988 and most of what she included in this book has been around for awhile. If you're new to the disease and need more help coping, this has some good tips and ideas in it.

A much needed guide for those with Fibromyalgia or family and friends with Fibromyalgia. A helpful tool in understanding the effects and remedies.

Often times I have been told that I need to accept my condition. I agree with this, but have not known how. It's not as if I can just flip a switch and feel peace. This book is a true guide through "action steps" or techniques that aid in processing thoughts and emotions needed to feel acceptance. The steps are simple and don't require a lot of time, yet provide a vast array of benefits, such as peace. This book is also a very useful tool to anyone facilitating a group of people who not only have chronic pain, but chronic illness. I'm very grateful that Elaine wrote this book!

Life Beyond Fibromyalgia is a book written by Elaine Merryfield, a former registered nurse and Fibromyalgia patient herself. I found this therapeutic guide to be helpful in my own Fibromyalgia and pain management care. Elaine, in her caring way, gently guides us through mindfulness exercises that helps us stop the fight or flight response that has taken over our nervous system and teaches

us to calm down, take a pause and find ways to honor our body's needs. Elaine shares her own story living with Fibromyalgia in a way that shows she understands what it is like to have this illness. Through her coping strategies, she allows us the space to explore our own story. I highly recommend this helpful guide.

This book is excellent in so many ways. It includes the progression of the author's experiences interwoven throughout the chapters plus a great mix of both the author's insights and the insights of others. It includes quotes, reflective questions, and activities which encourage and support meaningful interactions and opportunities for applying new tools. I will definitely recommend it!

Indie Cooper-Guzman, R.N., M.S., M.Ed., F.A.A.P.M., Health and Wellness Coach

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