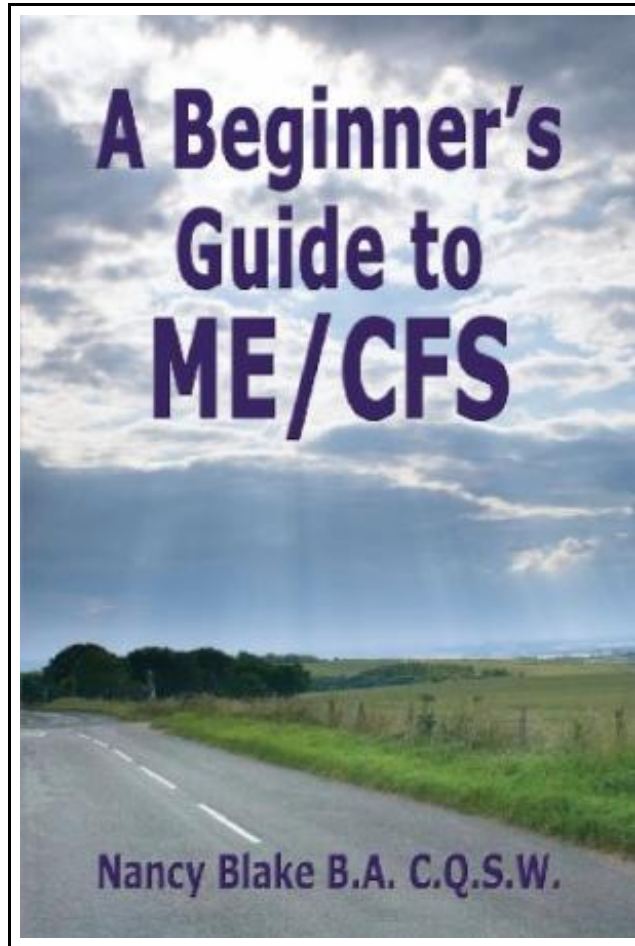


## A Beginner's Guide to ME / CFS



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### ***Reviews***

*Thorough information! Its this kind of very good read. It is writter in basic words and not hard to understand. You wont feel monotony at anytime of your respective time (that's what catalogues are for regarding should you question me).*

*(Roel Bogisich Sr.)*

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Lifelight Publishing, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.THE MOST DANGEROUS FALSE ILLNESS BELIEFS ABOUT ME/CFS ARE THAT IT IS A PSYCHIATRIC PROBLEM, AND THAT EXERCISE WILL HELP. The Beginner s Guide to ME/CFS states unequivocally that it is complete rest from the very beginning of this illness which creates the necessary precondition for progress towards recovery. Currently recommended treatments - Cognitive Behaviour Therapy and Graded Exercise Therapy - can wipe out this possibility, sending patients down a path towards severe and long-term disability - for which the patient can then blamed. The Guide contains useful advice about how to maintain a semblance of normal living while conserving physical exertion. Les Simpson s research - ignored by the medical community - provides additional recommendations which can improve your well-being.



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