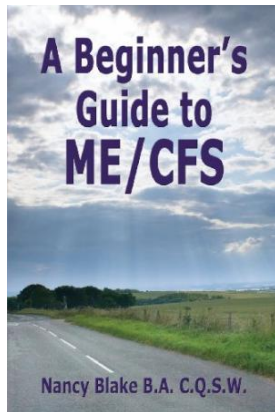


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A BEGINNER S GUIDE TO ME / CFS



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...

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- Authored by Nancy Blake
- Released at 2013



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Reviews

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