



## Living the Best Life with Fibromyalgia

By Alisha Nurse M a

Alisha Nurse, United Kingdom, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Fibromyalgia (fms) is a chronic neurological condition that causes widespread pain, fatigue, insomnia, cognitive impairments, and a host of other symptoms. Many patients are forced to quit their jobs, studies and life dreams due to the impact of symptoms on their lives. In Living the best life with Fibromyalgia, Alisha Nurse shares what s worked for her, to enable her to make the best of life with this chronic illness. Alisha continues to work, and function more than many fms patients are able to. In this short, powerful narrative, she shares her health regime consisting of long-standing family remedies, and natural sources of pain relief. An avid blogger whose writing focuses on living with fibromyalgia and depression, Alisha fiercely encourages fms patients to fight for their lives and not give in to this condition. Living the best life with Fibromyalgia is a must-read for any fms patient who wants to regain control over their life, and win their battle against fibromyalgia.



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