

DGMEFM Network Library

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For postal returns, an address label will be issued but you will be responsible for the return postage.



<u>AUTHOR</u>	<u>TITLE</u>
Amand, R. Paul St	What Your Doctor May Not Tell You About Fibromyalgia: The Revolutionary Treatment That Can Reverse the Disease
Association Invisible Disabilities	But You Look Good! A Guide to Understanding and Encouraging People Living With Chronic Illness and Pain
Bailey	The Sound of a Wild Snail Eating
Bassett, Jodi	What is ME?
Boulton, N	Lost Voices From a Hidden Illness
Bramforth, Nick	M.E. (Chronic Fatigue Syndrome) and The Healer Within
Butler, Donald	Ten Minute Yoga
Collinge, William	Recovering from M.E. A guide to self-empowerment
Comber, Anne Marie	Believe in ME Patients' Experiences of Accessing and Using Services in Lothian to Treat ME, CFS, PVFS
Copeland/Starlanyl	Fibromyalgia & Chronic Myofascial Pain
Craggs-Hinton, Christine	Fibromyalgia Healing Diet (Overcoming Common Problems)
Crowhurst, Greg	Care For Someone With Severe Myalgic Encephalomyelitis
Dahl Midsem, Ingebjorg	Classic Pacing, For a better life with M.E.
De Vries, Jan	Treating Body, Mind and Soul, Alternative Solutions for Modern Living
Do, Leon Chaitow ND (UK)	Fibromyalgia Syndrome: A Practitioner's Guide to Treatment
Edgson, Vicki	The Food Doctor – Healing Food for Mind and Body
Ediger, Beth	Treating Fibromyalgia
Fergusson, Merryn	What's Wrong with ME
George, Mike	Learn to Relax: Easing Tension Through Strategies for Living with ME/CFs and Multiple Chemical Sensitivity
Goldberg, Burton	Chronic Fatigue, Fibromyalgia and Lyme Disease, An Alternative Medicine Definitive Guide
Goldenberg, Don L	Fibromyalgia: Understanding and Getting Relief From Pain That Won't Go Away

Heckenlively, Kent	Plague: One Scientist's Intrepid Search for the Truth about Human Retroviruses and ME/CFS, Autism and Other Diseases
Howe, Russell	Hope and Help for Chronic Fatigue Syndrome and Fibromyalgia
<u>AUTHOR</u>	<u>TITLE</u>
Hurrell, Janet	The Journey Through ME-Chronic Fatigue Syndrome
Hyde MD, Byron	Missed Diagnoses: ME & CFS
Jacobs, Gill	Beat Candida Through Diet
Johnson, Hillary	Osler's Web: Inside the Labyrinth of the CFS Epidemic
Kubler-Ross, Elizabeth	Life Lessons: How Our Mortality Can Teach Us About Life and Living
Macintyre, Dr Anne	ME Chronic Fatigue Syndrome: A Practical Guide
Mann, Maria	Verity Red's Diary
Marriott, Hugh	The Selfish Pig's Guide to Caring
Matallana, Lynne	The Complete Idiot's Guide to Fibromyalgia, 2nd Edition
Mitchell, Lynn	Shattered : Life With ME
Nathan, Neil	On Hope and Healing: For Those Who Have Fallen Through the Cracks
Parsa Stay, Flora, DDS	The Fibromyalgia Dental Handbook, A Practical Guide to Maintaining Peak Dental Health
Salt, William Bradley	Fibromyalgia and the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with Widespread Muscular Pain and Fatigue
Selby, Anna	Pilates: Creating the Body You Want
Shepherd, Dr Charles	Living With ME
Shepherd, Dr Charles	ME/CFS/PVFS
Shomon, Mary J	The Thyroid Diet, Manage Your Metabolism for Lasting Weight Loss
Simester, Lisha	The Natural Health Bible: Stay Well, Live Longer
Simon, Lilly Sue	Healing With Crystals and Chakra Energies
Smith, Shelley Ann	The Fibromyalgia Cookbook: More Than 120 Easy and Delicious Recipes
Starlanyl, Devin	The Fibromyalgia Advocate: Getting the Support You Need to cope with Fibromyalgia and Myofascial Pain Syndrome
Stein, Eleanor	Let Your Light Shine Through: Strategies for Living With ME/CFS, Fibromyalgia and Multiple Chemical Sensitivities
Stott, Robin	The Ecology of Health (Schumacher Briefings)
Tietelbaum, Jacob	Beat Sugar Addiction Now!
Trock, David H	Healing Fibromyalgia
Williams, Margaret	Quotable Quotes about ME/CFS

Williams, Xandria	Overcoming Candida The Ultimate Cookery Guide
Wright, Pam	The Fibromyalgia Coach: Strategies and Support for Your Personal Journey