

DGMEFM Network Library (2 Medium size storage boxes clearly labeled DGMEFM NETWORK)

If you wish to borrow books from our library, please email admin@dgmefm.org.uk or phone us on 07557 536110 giving your details and request.

The books can be delivered and returned by post, or by hand at one of our meetings. 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
Boulton N & J Biggs	Video DVD Voices from the Shadows (2011)
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
NHS Fife Psychology Dept	Relaxation Exercises - audio CD
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