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# **Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3)**

## **CHRONIC FATIGUE SYNDROME AND YOUR EMOTIONS**

HOW TO SUCCESSFULLY TREAT  
CHRONIC FATIGUE SYNDROME  
IN THE NATURAL WAY – A KEY FOR RECOVERY





## Synopsis

A Proven, Step-By-Step Method And Strategies On How To Fight Chronic Fatigue Syndrome Naturally Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. The aim of this book is to help people understand what Chronic Fatigue Syndrome is and how it affects the lives of those who have it. This book also contains information on how to deal with the strong emotions that come with the illness, as well as how getting support from others can help patients as they go on their journey to recovery. It is a touchy subject. Some people would rather stay ill than admit that the problem might be within. "Chronic Fatigue Syndrome is definitely not psychological," is a common point of view. Surely CFS is a physical illness, and I am not going to argue that "it's all in your head." It is a very real disease with very real symptoms and it's definitely not "in your head." I've been through it and know how horrible it gets. What I want to argue, however, is that Chronic Fatigue Syndrome, M.E. and Fibromyalgia have a strong psychological element in them. Dealing with the psychological, emotional side of CFS enabled me to gradually regain my health. I have been well for a few years now and am spreading the message that recovery from Chronic Fatigue Syndrome is possible. Do you often feel feelings like guilt, shame, fear, anger and frustration? Is there a subtle sense of being in danger behind the pretence of being OK? Did you experience abuse in your childhood? Where were any (psychological) traumas during or before the time you first started to have symptoms? Do you hold grudges? It is difficult for you to forgive other people for what they have done to you in the past? Do you experience fear of doing what you really want to do? Of living your life the way you want to? Do you find it hard to express your real needs to other people? Here Is A Preview Of What You'll Learn... What is Chronic Fatigue Syndrome? Symptoms of Chronic Fatigue Syndrome CFS: Dealing With Emotions CFS Treatment through Nutrition Natural Treatments and Therapies for CFS Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$2.99! Tags: Chronic Fatigue Syndrome Treatment, Chronic Fatigue Syndrome Diet, Chronic Fatigue Syndrome Fibromyalgia, Chronic Fatigue Syndrome Guide, Chronic Fatigue Syndrome For Dummies, Chronic Fatigue Syndrome Hidden, Chronic Fatigue Syndrome Supplements, Chronic Fatigue Cure, Chronic Fatigue Treatment Guide, Fibromyalgia Free Bbooks, Fibromyalgia Kindle, Fibromyalgia Diet, Fibromyalgia The Cause And The Cure, Fatigue Solution, Fatigue Stress, Fatigue Solutions, Tiredness, Tired of Being Tired, Tired All The Time, Tired Of Feeling Tired, Adrenal Fatigue, Autoimmune Disease, CFS, Always Tired, Extreme Fatigue, What is Fibromyalgia, Depression, Depression Symptoms, Anxiety Symptoms, Persistent Fatigue, Myalgic Encephalomyelitis, Immune Dysfunction Syndrome, Joint Pain, Mental And

Physical Exhaustion, Muscle Weakness, Headaches

## **Book Information**

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## **Customer Reviews**

Despite not suffering from Chronic Fatigue Syndrome myself (well at least I don't think I am), naturally I do get tired and at times exhausted after a hard day's work. Having read Chronic Fatigue Syndrome And Your Emotions makes me really empathize with CFS sufferers. It must be really taxing physically, emotionally and psychologically on them. Get this book to understand CFS and how you can help yourself or your loved ones who are suffering from CFS. Recommended.

This book was free and accurate and very helpful. I will share it with my loved ones so they can better understand what I am going through. This book outlined my feelings and symptoms and suggests several ways of coping, managing and treating. Awesome free download!

I found this book very informative and insightful into the disease of Chronic fatigue syndrome. I really liked this book, it gives Great advice on natural remedies for me. I really recommend this book!!

I was very disappointed with this book. I've suffered from CFS for seven years. I understand that emotions can have an impact on your health. However, the only suggestion this book gives is to "think positively." It also recommends several supplements, but without a knowledgeable doctor to determine if you are actually deficient, the recommendations are not helpful at best and harmful at worst. In addition, the author buys into the Graded Exercise and CBT theory of treatment that has done so much damage to CFS patients. Yes, by all means, get therapy if you need help managing the psychological realities of chronic illness, but don't expect it to help your recovery. Graded Exercise is downright dangerous. For someone with CFS, just taking a shower can be considered "exercise." Overdoing it in any way can cause a worsening of symptoms or a relapse that you might not recover from. A far better approach is using a heart rate monitor to identify your threshold and then stay within that threshold for all your activities. CFS patients are desperate for hope. They constantly search for treatment options that will help them regain functionality and reclaim their lives. As such, they are vulnerable to people looking to make money off of promises they can't deliver. I feel like this book (perhaps unintentionally) falls into that category.

I had times in my life when I had to cope with CFS (Chronic Fatigue Syndrome) and it was extremely hard and frustrating. This book offers a fresh perspective about CFS - a natural way to treat it, combining the mental elements and nutrition. I like this approach and I think it beats going to the doctor and getting old answers. I recommend this book!

I was just looking for a book with basic information about CFS, and this was enough for me. Very short booklet--can be read in about ten minutes.

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Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy!  
Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress  
(Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1)  
Autoimmune: The Cause and The Cure (This book identifies the cause & the cure for: Chronic  
Fatigue Syndrome, Fibromyalgia, Lupus, Rheumatoid Arthritis, Raynaud's, Rosacea, Myasthenia  
Gravis, Hashimoto's, Type 2 Diabetes, Multiple Sclerosis, Sjogren's, and more) The Lupus  
Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1)  
Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple  
Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome  
Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any  
Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery,  
recovery, clean Book 4) Fibromyalgia Freedom: Essential Recipes And Plans Against Fatigue And  
Fibromyalgia-Friendly The New Bible Cure for Chronic Fatigue and Fibromyalgia: Ancient Truths,  
Natural Remedies, and the Latest Findings for Your Health Today (New Bible Cure (Siloam))  
Coping with Chronic Illness: \*Neck and Back Pain \*Migraines \*Arthritis \*Fibromyalgia\*Chronic  
Fatigue \*And Other Invisible Illnesses The Lupus Diet Plan: Meal Plans & Recipes to Soothe  
Inflammation, Treat Flares, and Send Lupus into Remission Treating and Beating Fibromyalgia and  
Chronic Fatigue Syndrome Curing Chronic Fatigue Syndrome and Fibromyalgia with Paleo  
(Recipes Included): A Thorough Explanation of the Diseases and a Guide Plus Recipes on how to  
Become Pain-Free Fibromyalgia, Chronic Fatigue Syndrome, and Repetitive Strain Injury: Current  
Concepts in Diagnosis, Management, Disability, and Health Economics (Journal of Skeletal Pain,  
Vol 3, No 2) Treating & Beating Fibromyalgia and Chronic Fatigue Syndrome: a step-by-step  
program proven to help you get well again! Parting the Fog: The Personal Side of  
Fibromyalgia/Chronic Fatigue Syndrome Adrenal Fatigue: Combat Adrenal Fatigue Syndrome  
Naturally and Boost Your Energy Levels for Good! Reset Your Natural Balance Now! (Reduce  
Stress, Boost Energy, Adrenal Reset Diet Book 1)

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