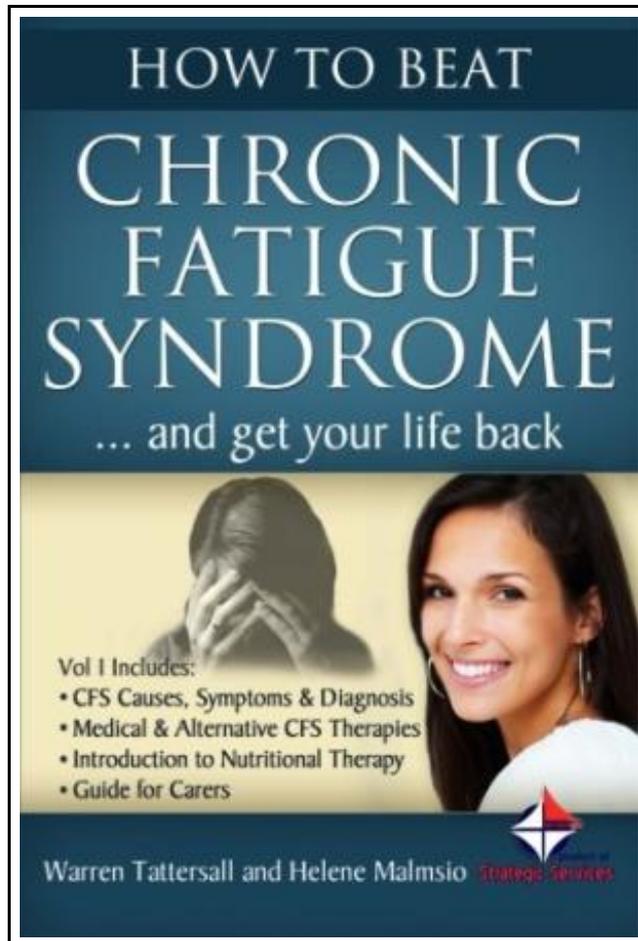


## How to Beat Chronic Fatigue Syndrome and Get Your Life Back! (Paperback)



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In this book we are giving you the tools to be able to confirm if your symptoms match the common CFS indicators, and if they do, how you can get on with the job of beating your chronic fatigue. This purpose of this book is to give an overview of the whole range of available CFS therapies and to talk though all the treatment choices with you. It will look at the current state of medical thinking, and show you how to find the medical and alternative practitioners that are skilled in treating CFS and how to talk with them at your consultation. It will help you to review the therapies that have already worked for others, make your selection of what resonates with your condition and lifestyle, and translate those strategies into your own individual therapy plan. We also want you to be able assist the people around you to gain some understanding of the condition, so that they can understand what you are dealing with and be fully supportive in your CFS management and recovery process. Although we are not medical practitioners, we have spent decades sharing our personal experiences of beating CFS, toward helping other people to deal with their CFS symptoms as well. Warren Tattersall lives in rural Australia and has had a lifetime of personal experience dealing with CFS. He has worked with nutrition supplements for 20 years. On a daily basis he works, one-on-one, with people looking to improve their health and is regularly dealing with CFS sufferers. He trains and supports others in this field in many countries and regularly travels internationally to train others or to further his own studies....



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