

Rather than focusing on the pain and problems, this book teaches fibromyalgia patients how to feel well again. Patients are taught the key steps to minimizing or eliminating their symptoms—education, commitment to a healthy lifestyle, and accepting the importance of the connection between mind, body, and spirit. More than 100 photos, drawings, charts, and tables will show readers how to focus on the power of their minds, take responsibility for their own health, and become even healthier than before their diagnosis.

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