



**Chronic Fatigue Syndrome And Your Emotions:
How To Successfully Treat Chronic Fatigue
Syndrome In The Natural Way-A Key For
Recovery (Chronic Fatigue ... Fatigue Syndrome
Fibromyalgia) (Volume 4)**

Christopher Andrews

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A Proven, Step-By-Step Method And Strategies On How To Fight Chronic Fatigue Syndrome Naturally

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? Were there 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!

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Luis Garcia:

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