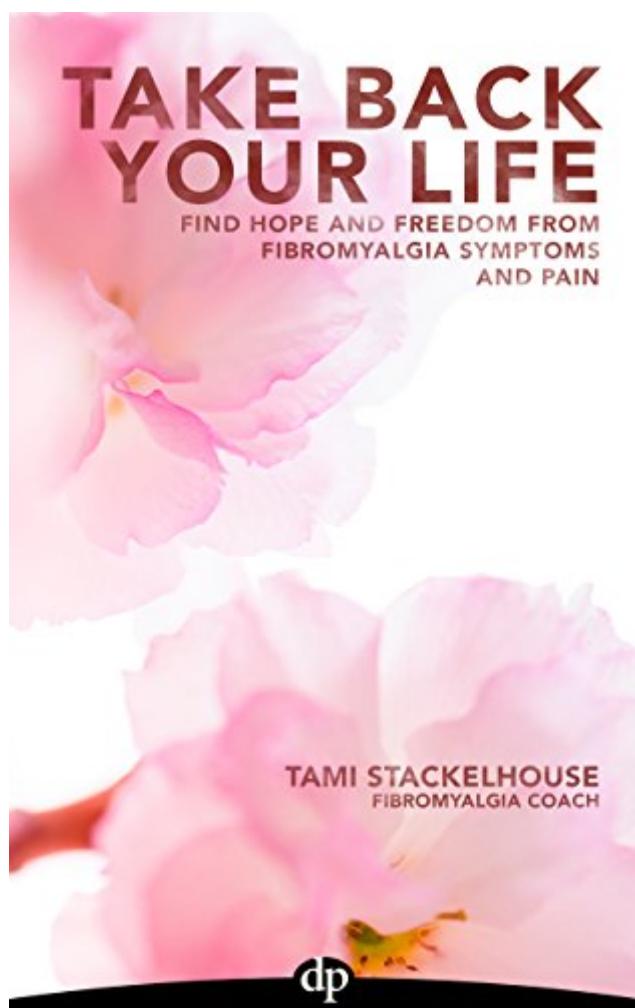


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# Take Back Your Life: Find Hope And Freedom From Fibromyalgia Symptoms And Pain



## Synopsis

Are you tired of feeling like a prisoner in your own body? Do you want to find some hope and be free of fibromyalgia symptoms and pain? A fibromyalgia patient herself, author and Fibromyalgia Coach, Tami Stackelhouse, has gone from disabled to thriving. In this book, you will learn how to Take Back Your Life using the techniques and strategies Tami has used to get well. More than just a lifestyle or self-management guide, this is a concise reference book woven with Tami's own fibromyalgia story. This book is a page-by-page survival guide for the action-oriented fibromyalgia patient who wants to feel better as quickly as possible. It's written for the patient overwhelmed with a new fibromyalgia diagnosis and for the fibro-veteran who is stuck and needing new ideas. It is also a great resource for the caring family members and support team of anyone suffering with fibromyalgia. In this book, Tami discusses what it means to have a fibromyalgia diagnosis, from the perspective of someone living with it daily. She will show you how to: Stop the pain. Increase your energy. Improve your quality of sleep. Work with your doctor. Help yourself heal. Bring more joy into your life.

## Book Information

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## **Customer Reviews**

This book is incredibly helpful, friendly and a resource you shouldn't overlook. It's like gaining all this wisdom from a caring friend who believes you and understands your pain. She has done her research to bring you an up to date storehouse of tips, solutions to getting the medical attention you deserve. Tired of being dissed??? You won't be, you will be armed with a cache of real help, now. This condition is so confusing and not well understood by many people including the afflicted. We ask ourselves, how can this be, are we lazy, attention- seeking, highly depressed, overly sensitive, irrational, neurotic?? All the questions we get asked and or accused of, this book gives us validation while not being condescending nor fluffy. Loved it and continue to love it. ( I have had medical doctors scoff and tell me to find something else to do with my time than visiting doctors for drugs, attention, trying to escape my life and it's responsibilities or some weird social need. ) I wish each of those doctors could read this book. Tami Stackelhouse has earned this five star rating. Plus.

If you have fibromyalgia, chronic pain, or CFS/ME read this book! It's full of terrific and useful advice on what to do, what medicines and supplements can help, and how to find a good doctor. Tami Stacklehouse, the author, suffers from fibromyalgia herself and became a fibromyalgia coach. This book is written as if Tammy were standing right behind your shoulder guiding you to better health.

I was diagnosed with Fibro about 20 years ago. I tried all the different drugs of that time for it and had bad reactions to all of them. So I just decided to live my life without them and do the best I could. I was doing great until I had to have partial knee replacements in both knees. Since then the Fibro has reared it's ugly head and my knees hurt worse than they did before the surgeries. It took me almost a year to figure out that it was not an issue with the implants.....THE FIBRO WAS THE ISSUE!! Reading this book has helped me so much as I had stopped reading any self-help material at all. I liked that it was written by a "real person" and not a medical professional. So it's written in a language I could understand. No matter where you are in your "Fibro Fight" this is a very informative book!! Enjoy!

I have just started the chapter on Managing Fatigue and Energy and Wow! Tami explains how to manage and take care of oneself in order to break the crash and burn cycle. This goes way beyond others' explanations of "the spoon theory" which other websites use to explain chronic pain and fatigue. Tami explains how to track and budget energy expenditures using a pedometer - so simple and brilliant! Her examples and management explanations are succinct and encouraging. Thank you! That one chapter alone is worth 5 times what I paid for the whole kindle book!

Finally, someone understands what I've been going through with fibromyalgia. Great insights and tips are shared throughout the book. I learned a few new things after eight years of struggle! I bought a copy for my sister (a longtime sufferer of fibromyalgia) and it brought tears to her eyes. I'd highly recommend this book!

I found so many answers that I have been looking for in this book. Fibromyalgia is the hardest thing for family and friends to understand. Many people still think it's "just in our heads" and I've questioned this myself many times. Tami helped me accept fibro for what it is and stop feeling guilty for having limitations. I didn't even realize that some of my other health conditions were linked to fibromyalgia until I read this book. I love AHA moments. Thanks for sharing your knowledge and experience Tami.

If u have fibro, this is you're go to guide on living!If you were like me, and from things I've read, like most people with fibromyalgia, you were merely existing. When you encounter a problem....get this book out.....And you will probably find a solution, or, more or less, the way to get a solution!Also, I can't say enough about Tami's websight!Check it out too!

As a registered nurse, I often counsel those who are diagnosed with Fibromyalgia on how to manage their pain. Whether constant and unrelenting, or punctuated by the occasional flare-up, many of these patients struggle with their diagnosis. Many questioned their body, their symptoms, and their sanity prior to receiving their diagnosis. But even with a diagnosis, there is not much relief. Knowing that they have a chronic condition, many patients despair that they will never break free from the pain and suffering that they feel.In Tami's book, she offers hope to the Fibromyalgia patient. She suggests medical interventions, lifestyle changes and practical advice to alleviate the sufferer. Take Back Your Life is a great resource not only for those who are diagnosed with Fibromyalgia, but also for practitioners and medical professionals who care for Fibromyalgia

patients. Her advice is sound, based in evidence, and easily applicable. Take Back Your Life is a must read for patients, their families, and the professionals who care for those with Fibromyalgia.Amy Rose Taylor, BSN, RN

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