



## Living with Fibromyalgia

By Christine Craggs-Hinton

Sheldon Press. Paperback. Condition: New. 182 pages. Dimensions: 8.6in. x 5.6in. x 0.7in. Fibromyalgia is a long-term condition characterized by pain in the muscles, tendons, ligaments and nerves. Other symptoms include fatigue, sleep problems, allergies, irritable bowel syndrome, migraines, stiffness, anxiety, depression and problems with short-term memory and concentration. Living with Fibromyalgia offers tried-and-tested advice on how to reduce pain, boost energy levels and live more comfortably. In line with the latest thinking of fibromyalgia as a disorder of the CNS (central nervous system), this third edition looks at how an over-sensitised system may amplify pain messages and trigger the symptoms of fibromyalgia. It also looks at research into the link between poor sleep and the disorder. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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