



The 10 Best Questions for Living with Fibromyalgia: The Script You Need to Take Control of Your Health

Ph.D. Dede Bonner Ph.D., Dr. Patrick B. Wood

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An indispensable resource that empowers fibromyalgia patients to take charge of a debilitating disease and get the health care they deserve.

Fibromyalgia—a painful, exhausting, and often misdiagnosed disease—affects up to 12 million Americans (90 percent of them women). And because many health care professionals are still learning how to diagnosis and treat its confusing symptoms, patients living with the disorder must become proactive and informed consumers for their own health. The expert advice found within The 10 Best Questions™ for Living with Fibromyalgia gives readers the answers they need to get the best care possible and enjoy a more normal life. This essential book provides the Best Questions that patients should ask their doctors, partners, children, and friends, accompanied by the “best answers” drawn from cutting edge research and extensive interviews with the top experts in the field. There are chapters on what to ask about your diagnosis, test results, second opinions, for ongoing disease management, to lose weight, get more sleep, and to make other healthy lifestyle changes. This practical and holistic book also offers Best Questions and advice for fibromyalgia patients for their relationships with partners, children, friends to ensure emotional, financial, and spiritual health. Each chapter concludes with The Magic Question™, the one crucial question most people never think to ask until it’s too late.

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Samuel Travis:

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Maureen Guzman:

The reason why? Because this The 10 Best Questions for Living with Fibromyalgia: The Script You Need to Take Control of Your Health is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will zap you with the secret the idea inside. Reading this book adjacent to it was fantastic author who all write the book in such awesome way makes the content on the inside easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this anymore or you going to regret it. This book will give you a lot of gains than the other book have got such as help improving your expertise and your critical thinking technique. So , still want to hesitate having that book? If I were being you I will go to the guide store hurriedly.

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