

LIBRARY

- All Articles
- Articles by Topic
  - Basics: CFS & FM 101
  - Coping Strategies
  - Emotions
  - Family & Friends
  - Pacing
  - Relationships & Support
  - Stress Management
  - Success Stories
  - Treatment Options
- Logs, Forms & Worksheets
- 3. Online Books
- Series
- Videos

4. Managing Chronic Fatigue Syndrome and Fibromyalgia

Print Email a Friend

The revised and expanded edition of our introductory course textbook. Read it online for free or purchase it in our Store.

- Foreword
- Introduction
- 1. Chronic Fatigue Syndrome and Fibromyalgia
- 2. Your Unique Circumstances
- 3. Symptoms of CFS and Fibromyalgia
- 4. Treating Sleep
- 5. Strategies for Pain
- \* • 6. Fighting Fatigue
- \* • 7. Treating Cognitive Problems
- \* • 8. Finding Limits: The Energy Envelope
- \* • 9. Pacing Strategies
- \* • 10. The Pacing Lifestyle
- \* • 11. Achieving Consistency
- 12. Travel and Other Special Events
- 13. Minimizing Relapses
- 14. Pacing Success Stories
- 15. Job Options
- 16. Exercise
- 17. Nutrition and Chemical Sensitivity
- 18. Controlling Stress
- 19. Addressing Feelings
- 20. Eight Ways to Improve Relationships
- 21. Family Issues
- 22. Couples Issues
- 23. How Family and Friends Can Help
- 24. Building a Support Network
- 25. Finding and Working with Doctors
- 26. Grieving Your Losses
- 27. Creating a New Life
- 28. Becoming a Self-Manager
- 29. Goals and Targets
- 30. Logs, Worksheets and Rules
- 31. New Thoughts and New Habits

Foreword



Join The Next Introductory Class

Register now for classes that begin on January 19, 2015. Registration closes on January 12.

\* Register Now



Buy our course textbook and audio CD version of our self-help course



Learn about our online self-management courses