



## A Beginner's Guide to ME / CFS

By Nancy Blake

Lifelight Publishing, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.THE MOST DANGEROUS FALSE ILLNESS BELIEFS ABOUT ME/CFS ARE THAT IT IS A PSYCHIATRIC PROBLEM, AND THAT EXERCISE WILL HELP. The Beginner's Guide to ME/CFS states unequivocally that it is complete rest from the very beginning of this illness which creates the necessary precondition for progress towards recovery. Currently recommended treatments - Cognitive Behaviour Therapy and Graded Exercise Therapy - can wipe out this possibility, sending patients down a path towards severe and long-term disability - for which the patient can then be blamed. The Guide contains useful advice about how to maintain a semblance of normal living while conserving physical exertion. Les Simpson's research - ignored by the medical community - provides additional recommendations which can improve your well-being.



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