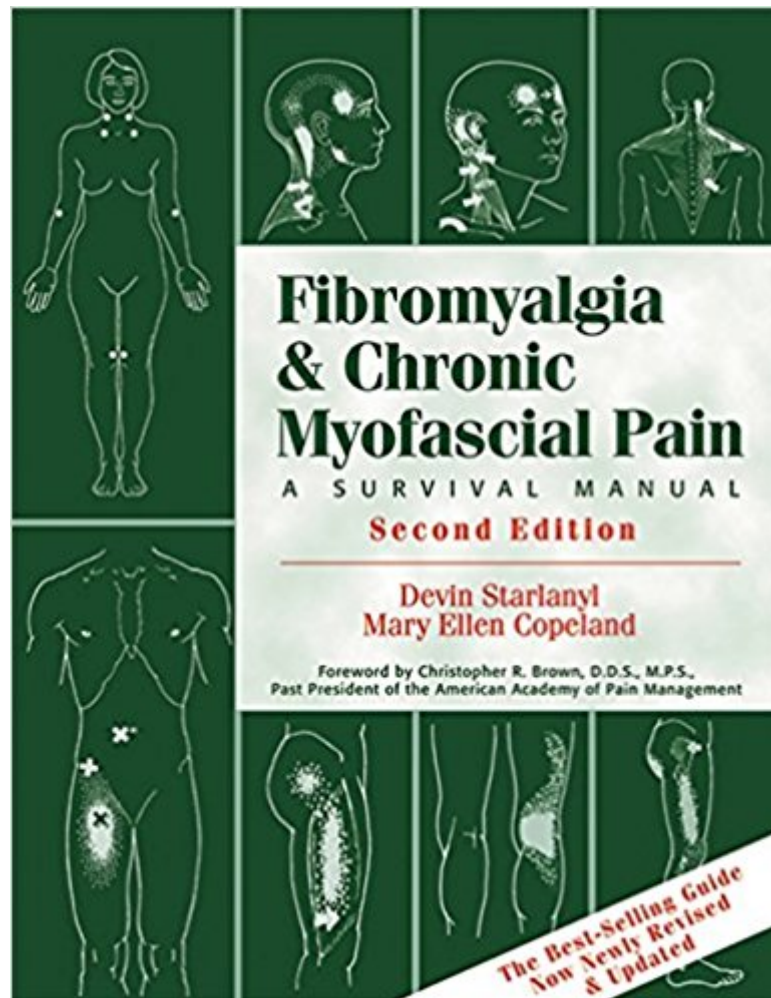




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# Fibromyalgia And Chronic Myofascial Pain: A Survival Manual (2nd Edition)



## Synopsis

This classic survival manual offers you the first comprehensive patient guide for managing the common but often misdiagnosed conditions of fibromyalgia and chronic myofascial pain. The management techniques found in *Fibromyalgia and Chronic Myofascial Pain* include targeted bodywork for painful trigger points and strategies to help you cope with the chronic pain, sleep problems, and numbing effects of 'fibrofog' that occur as a result of the disease. This edition includes coverage of promising new research on the causes of fibromyalgia, evaluation of new treatments, complete discussions of special issues for women and men, and the latest information on medication. It includes a popular provider index, which can help you select those practitioners who will take your complaints seriously and offer knowledgeable treatment advice.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (218 customer reviews)

Best Sellers Rank: #84,630 in Books (See Top 100 in Books) [#21 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) [#32 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments](#) [#44 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases](#)

## Customer Reviews

I understand that any negative review amongst this sea of praise is likely to be met with skepticism, so let me first say that, yes, I have read the entire book, and yes, there are some good points to it. Indeed, I admire anyone who, having found answers and relief, is motivated to share this information with others. The authors certainly have done extensive research and no one could accuse them of not being thorough in this 400 page, well referenced tome. In addition, amongst these pages are literally boatloads of good advice!

**Synopsis Review:** I found this book extremely depressing & unfocused, with far too much extraneous information of questionable value. In addition, I believe that the authors may be deliberately attempting to deceive the reader about their

credentials, and lifted too much material from other sources. Perhaps most distressing, however, are the long chapters on every conceivable new-age alternative therapy and the campy tone of pseudo science that prevails, which will undoubtedly reinforce the medical community's views of FMS & CMP as "fad" or "yuppie" diseases. My recommendation: Get Clair Davies excellent "Trigger Point Therapy Workbook" as a start. It is everything that this book is not - Very focused, empowering, and immediately applicable to help you start feeling better NOW. In addition, Davies is such a consummate perfectionist that, though he isn't a doctor, (and says so up front) he clearly has acquired detailed knowledge of Anatomy which may even surpass that of many in the Medical community. Full Review: Now, let me discuss some of the reasons why I titled this review "Greatly Disappointed."

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