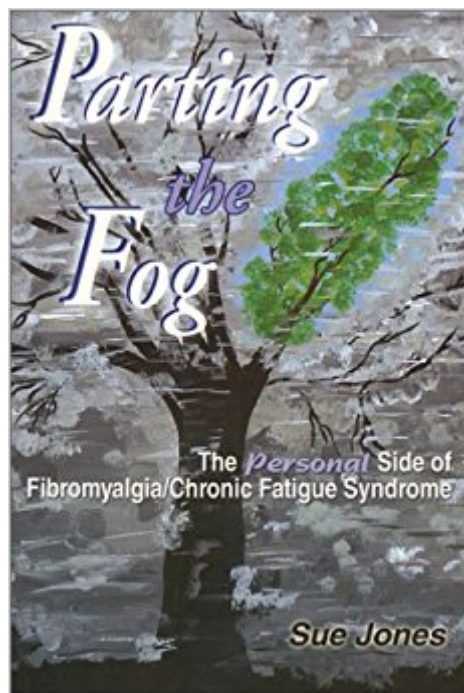




Ebook Directory
the best source of ebook

The book was found

Parting The Fog: The Personal Side Of Fibromyalgia/Chronic Fatigue Syndrome



Synopsis

"Parting the Fog" is a candid, first person account of what it is like to walk in the shoes of someone suffering from fibromyalgia/chronic fatigue syndrome. It relays the seriousness of this condition in an easy-to-read manner, while employing humor and focusing on hope. It is a combination of prose and inspiring poetry. Each of the 17 short chapter ends with a personal page to enable sufferers to record their own thoughts and experiences, if they so choose. It also includes: a "Don't Ask-Do Ask" list for "Normals"; a letter to supportive people; a description of the treatment plan the author believes holds the best hope of recovery from symptoms; and chapters on perspective, faith, loss and hope. It is unique, personal, and will help others understand the struggles those with FMS/CFS are faced with. It is an important addition to the FMS/CFS sufferer's library.

Book Information

Paperback: 116 pages

Publisher: LaMont Pub (September 1, 2001)

Language: English

ISBN-10: 0971217505

ISBN-13: 978-0971217508

Package Dimensions: 8.8 x 5.9 x 0.4 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 41 customer reviews

Best Sellers Rank: #872,622 in Books (See Top 100 in Books) #104 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #183 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia #2113 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

Sue has written something that is needed and that will make a difference to you. I highly recommend this book. -- Jane Kohler, Fibrom-L book reviewer
Sue's poetry is beautiful. Her mixture of truth, pain, and humor inspires us to face each day with hope. -- Fibromyalgia Frontiers, 2001 (Volume 9, Number 3)
This well-written book will tug at your heart. As you read, you will see yourself in the pages. -- Devin Starlanyl, M.D., author of "Fibromyalgia & Chronic Myofascial Pain Syndrome: A Survival Manual"

Many people suffering from fibromyalgia/chronic fatigue syndrome, as I do, had told me I was able

to express, through my words, their thoughts and feelings about this illness. Thus, I decided to write a book that gives voice to FMS/CFS through both poetry and prose. I wrote "Parting the Fog" in easy-to-understand language, so families and friends of sufferers can gain better insight as to the reality of being stricken with FMS/CFS. It will enable them to better understand us and thus, give them the ability to relate to us more effectively. It is extremely important to me, as a longtime sufferer myself, to help others with this misunderstood, debilitating illness. If you are living under the weight of FMS/CFS, I hope this book will comfort, validate and encourage you through its word of hope, hardship and inspiration. Humor is sprinkled throughout the book, as well, as I believe it is vital to our well-being. My goal for "Parting the Fog" is that as you read it, you will have a good laugh, have a good cry, and come away satisfied that YOUR story has been told at last. But mostly, I hope you will glean something from this book that will change your life for the better.

I have suffered dreadfully with FMS and all of the "trailer diseases" that it brings for many years. In those years I have read countless books, articles, and websites on this cruel disease...regardless of how far-fetched they seemed. In this book I finally found a writer who does not presume to repeat the same information we have read again and again. She avoids medical jargon and instead discusses the effects of the disease on the victim's whole-life experience. She has written poetry that is at times quite humorous and at others heart-breaking or hopeful. At the end of each chapter, she provides questions for your own reflection. I personally answered the questions on separate pages. This allowed me to make her story MY story as well. I shared the book, which is short easy reading, with my family. Each person that read it told me, "I finally understand. Thank you." The experience therefore is very personal for each sufferer. You could choose to not share the personal pages for readers you did not feel so close to (bosses, colleagues). Doctors should recommend this book to all FMS patients, and as victims we should recommend it to one another. PARTING THE FOG is spot-on reading for all those touched by Fibromyalgia.

This is such a delightful easy reading book with such great poems!! If you, or someone you know, is living with FMS/CFS this is a MUST have book. I highly recommend it for therapist as well. It has questions after every chapter you can use in group or individual sessions. As a retired Federal Clinical Social Worker I plan to share this new found tool with all my former coworkers at one of the largest Veterans Hospital in the U.S.

I've purchased several copies of this book for family and friends. It is one of the best I've read about

Fibromyalgia. Quick shipment, excellent quality.

This book was so great. It was wonderful to hear someone else put into words what I had been feeling for a long time. The author's poems were nice. It would be great for loved ones to read too. It is so hard to explain how fibromyalgia feels. This book says it all. If you have fibro or know someone who does you should read this book. It's not a medical book. It's a personal story.

I have read so many books and this is one of the BEST I've read so far. It is short, but means so much to the person reading it who themselves has Fibro/Chronic Fatigue Crap (as I call it in frustration). The wording is just wonderful and the timing of my purchase of this book was right on. I was in the process of attempting to fill out my Disability Appeal and the wording in this book helped open up my fibrofog mind and get done what I needed to!! Thanks for this Great book!! Traci Mersch

Very informative, true description on fibromyalgia

I highly recommend this book to those suffering with Fibromyalgia but also their family, friends and physicians. This Chronic Illness is one that is very hard to describe, very hard to explain and extremely hard to understand. This book is a great way to help in these areas. It was as if Sue Jones was writing just about me. She understands because she lives it daily. She knows exactly what I would say if I could just get my thoughts and words together.

This book gives a great description of what living with Fibro is like. It helped me not feel so alone with my illness and realize that others do have similar symptoms. If I had read this book earlier it would have saved me from a needless bladder surgery that did more harm than good.

[Download to continue reading...](#)

Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Parting the Fog: The Personal Side of Fibromyalgia/Chronic Fatigue Syndrome Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) The Fatigue and Fibromyalgia Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy! Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Fibromyalgia:

The complete guide to fibromyalgia, understanding fibromyalgia, and reducing pain and symptoms of fibromyalgia with simple treatment methods! Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome Coping with Chronic Illness: *Neck and Back Pain *Migraines *Arthritis *Fibromyalgia*Chronic Fatigue *And Other Invisible Illnesses Fibromyalgia Freedom!: Your Essential Cookbook and Meal Plan to Relieve Pain, Clear Brain Fog, and Fight Fatigue Treating & Beating Fibromyalgia and Chronic Fatigue Syndrome: a step-by-step program proven to help you get well again! Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome Curing Chronic Fatigue Syndrome and Fibromyalgia with Paleo (Recipes Included): A Thorough Explanation of the Diseases and a Guide Plus Recipes on how to Become Pain-Free Autoimmune: The Cause and The Cure (This book identifies the cause & the cure for: Chronic Fatigue Syndrome, Fibromyalgia, Lupus, Rheumatoid Arthritis, Raynaud's, Rosacea, Myasthenia Gravis, Hashimoto's, Type 2 Diabetes, Multiple Sclerosis, Sjogren's, and more) Fibromyalgia, Chronic Fatigue Syndrome, and Repetitive Strain Injury: Current Concepts in Diagnosis, Management, Disability, and Health Economics (Journal of Skeletal Pain, Vol 3, No 2) Insomnia: 84 Sleep Hacks To Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills (Sleep Disorders, Sleep Apnea Snoring, Sleep Deprivation, ... Fatigue, Chronic Fatigue Syndrome Book 1) Essential Oils and Thyroid: The Essential Oils Thyroid Solution: Chronic Fatigue? Weight Gain? Brain Fog? Get Relief with Essential Oils to Help Heal Your ... Hypothyroidism, Hashimoto's, Metabolism) Fibromyalgia Freedom: Essential Recipes And Plans Against Fatigue And Fibromyalgia-Friendly The Night-Side: Chronic Fatigue Syndrome & The Illness Experience The Fibro Fix: Get to the Root of Your Fibromyalgia and Start Reversing Your Chronic Pain and Fatigue in 21 Days A Meditation to Help With Fibromyalgia & Chronic Fatigue (Heath Journeys Guided Imagery CD)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)