



Take Back Your Life: Find Hope And Freedom From Fibromyalgia Symptoms And Pain

By Tami Stackelhouse



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Are you tired of feeling like a prisoner in your own body? Do you want to find some hope and be free of fibromyalgia symptoms and pain? A fibromyalgia patient herself, author and Fibromyalgia Coach, Tami Stackelhouse, has gone from disabled to thriving. In this book, you will learn how to Take Back Your Life using the techniques and strategies Tami has used to get well. More than just a lifestyle or self-management guide, this is a concise reference book woven with Tami's own fibromyalgia story. This book is a page-by-page survival guide for the action-oriented fibromyalgia patient who wants to feel better as quickly as possible. It's written for the patient overwhelmed with a new fibromyalgia diagnosis and for the fibro-veteran who is stuck and needing new ideas. It is also a great resource for the caring family members and support team of anyone suffering with fibromyalgia. In this book, Tami discusses what it means to have a fibromyalgia diagnosis, from the perspective of someone living with it daily. She will show you how to:

- Stop the pain.
- Increase your energy.
- Improve your quality of sleep.
- Work with your doctor.
- Help yourself heal.
- Bring more joy into your life.

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Phillip Chadwick:

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Melinda Brown:

The reason? Because this Take Back Your Life: Find Hope And Freedom From Fibromyalgia Symptoms And Pain is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will distress you with the secret the idea inside. Reading this book adjacent to it was fantastic author who also write the book in such incredible way makes the content inside easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this any

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