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Beating Chronic Fatigue

By Kristina Downing-Orr

Paperback. Book Condition: New. Not Signed; Chronic Fatigue Syndrome (CFS) is a common condition that can last for many years. It is a debilitating chronic illness which ruins lives. Every waking moment becomes a physical, emotional and cognitive struggle just to function on the most basic of levels. The purpose of this book is to reassure sufferers and their families that recovery is possible and that the illness is genuine. It draws on the experiences of many sufferers of chronic fatigue and on those of the author herself. Dr Kristina Downing-Orr, a clinical psychologist, suffered severe chronic fatigue symptoms and was compelled to research the cause of CFS and the cure herself because she was offered so little help by the medical profession. Her recovery was quick and lasting. In her book, Kristina reveals the causes of chronic fatigue and offers an accessible, scientifically valid, easy-to-achieve programme that will inspire people with CFS to regain their health and restore their energy and vitality. Chapters cover Kristina's own story, what chronic fatigue really is, what causes it, diagnosis, a step-by-step self-treatment programme, how to strengthen the body, and coping with stress and resources. book.

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