



Chronic Fatigue Syndrome: What You Need to Know About CFS/ME

By Megan A. Arroll

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Chronic Fatigue Syndrome: What You Need to Know About CFS/ME, Megan A. Arroll, Chronic Fatigue Syndrome (CFS/ME) affects around 250,000 people in the UK, and an estimated one million in the USA. With a characteristic profile of severe exhaustion, flu-like symptoms, and unrefreshing sleep, it has no cure, but often improves with treatment and self-help. This evidence-based book, by an expert who herself experienced chronic fatigue, presents the latest thinking on the condition, along with tried and tested advice on how to manage it. The book presents CFS/ME as a multifactorial, umbrella condition whose cause is still unknown.



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