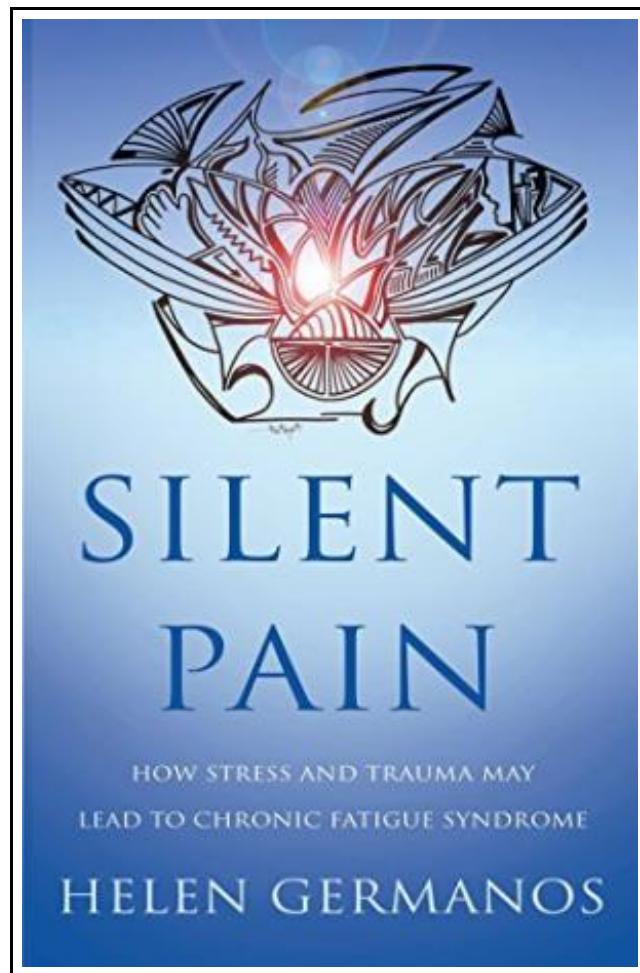


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Reviews

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SILENT PAIN: HOW STRESS AND TRAUMA MAY LEAD TO CHRONIC FATIGUE SYNDROME

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Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, Silent Pain: How Stress and Trauma May Lead to Chronic Fatigue Syndrome, Helen Germanos, It is estimated that some 28 million people worldwide are suffering from Myalgic Encephalomyelitis (M.E.), more commonly known as Chronic Fatigue Syndrome (CFS), with many more remaining undiagnosed. In Canada alone, recent records indicate an astounding increase of 24% in just five years. Drawing on existing neuroscientific research, not previously linked to CFS, author Helen Germanos answers the burning questions: "How did I get this?" and "Why?" Silent Pain: How Stress and Trauma may lead to Chronic Fatigue Syndrome reveals a novel theory as to how and why CFS develops, in order to provide readers with a deeper understanding of what is happening to them, as well as giving them the tools and insight to embark on their own personal journey of discovery, recovery and transformation. Sharing her own experiences of CFS, Helen explains how she went from being paralysed in bed for nine months - unable to bear noise, light and contact with anyone, including her young son - to living a full life again. Using the same techniques she describes in this book, she left no stone unturned, changing every aspect of her life in order to achieve the balance and harmony that had been previously absent. Aimed at sufferers of CFS, as well as those who are worried that they may be suffering from it, this book can provide readers with the understanding that they need to be able to overcome it. Silent Pain will also help therapists, carers and loved ones of CFS sufferers offer support and understand the importance of their empathy. Never give up - change is the only constant.



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