

# **The Fibromyalgia Help Book: Practical Guide To Living Better With Fibromyalgia By Jenny R.N. Fransen;Russell . Jon M.D. Ph.D**

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Pain is likely the fibromyalgia symptom that grabs and holds your attention the most. But fibro fatigue can be just as insistent -- and to make matters worse, it can

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Fibromyalgia patient advice on coping with the symptoms, diet and exercise, relationships, living aids, and nutritional supplements.

## **Monday, 20 July 2015**

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Discuss Fibromyalgia with the Practical Pain Management community. Share your story with this active Fibromyalgia community of thousands of participants.

### **Practical tips for living with fibromyalgia-**

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Fibromyalgia Support Net, everything you need to know about Fibromyalgia, including support groups, pain management, exercise, legal information, research, and

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