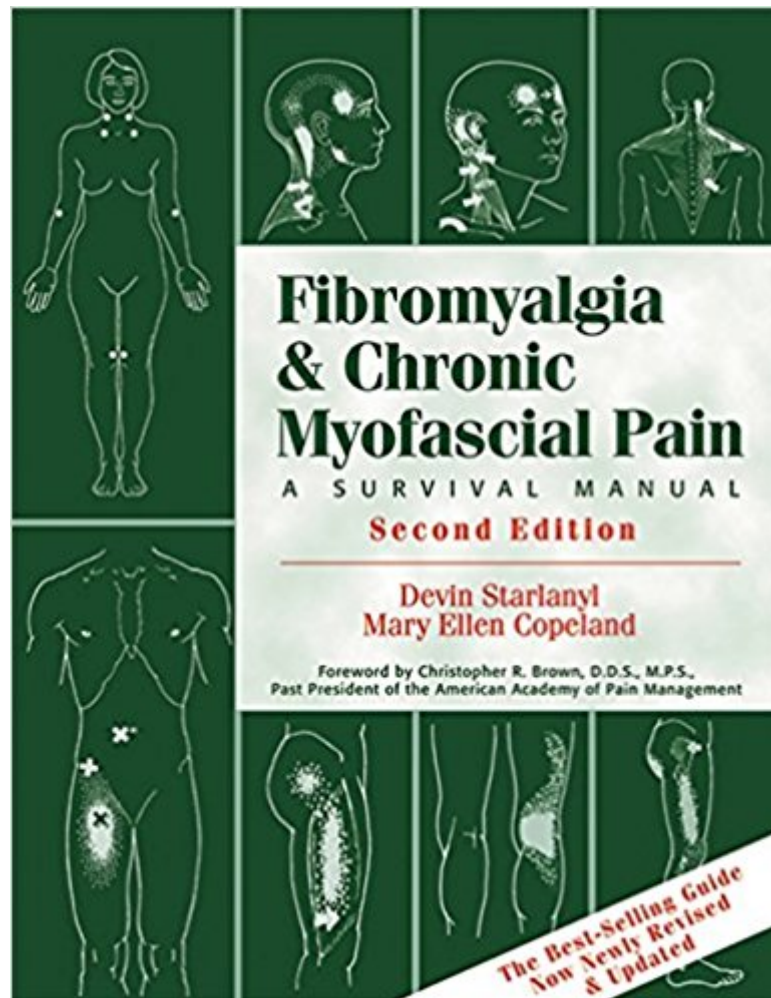




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Fibromyalgia And Chronic Myofascial Pain: A Survival Manual (2nd Edition)



Synopsis

This classic survival manual offers you the first comprehensive patient guide for managing the common but often misdiagnosed conditions of fibromyalgia and chronic myofascial pain. The management techniques found in *Fibromyalgia and Chronic Myofascial Pain* include targeted bodywork for painful trigger points and strategies to help you cope with the chronic pain, sleep problems, and numbing effects of 'fibrofog' that occur as a result of the disease. This edition includes coverage of promising new research on the causes of fibromyalgia, evaluation of new treatments, complete discussions of special issues for women and men, and the latest information on medication. It includes a popular provider index, which can help you select those practitioners who will take your complaints seriously and offer knowledgeable treatment advice.

Book Information

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Customer Reviews

“Devin Starlanyl has a remarkable determination to help relieve mankind of unnecessary suffering. The guidance in this book can serve both practitioners who have yet to understand the nature of their own musculoskeletal aches and pains, and patients who are unable to find a practitioner adequately skilled in this neglected subject. The message of this book is a voice crying out in a wilderness of neglect.”
—David G. Simons, M.D., Clinical Professor of Medicine at Emory University
“In a 1997 book review, I extolled the extraordinary features of the first edition of Starlanyl and Copeland’s *Survival Manual*. As caregivers to FMS/MPS

patients and sufferers themselves, their advice in the book was superbly tuned to readers' needs. Now, in this second edition, Starlanyl and Copeland have outshone themselves. Having updated the Survival Manual and enhanced its laudable features, they have made an already valuable book almost priceless.

• Dr. John C. Lowe, Director of Research, Fibromyalgia Research Foundation, Board Certified, American Academy of Pain Management

“They’ve done it again! This second edition of the Survival Manual is a gold mine of practical advice and scholarly information put into everyday language. This book gives a great many options for all aspects of FMS/CMP and its message is one of hope. An owner’s manual for you, and one that should be required reading for all of your health care providers, this is not a book to be read and crossed off of your list, but a resource to avail yourself of over and over again. The tools are here. Use it yourself and have those close to you read it also.”

• Richard Finn, Director, Academy for Myofascial Trigger Point Therapy, coauthor, Myofascial Pain Syndrome: Manual Trigger Point & S-EMG Therapies

“Devin Starlanyl and her work are incredible resources to the fibromyalgic community. She has tirelessly researched her subject and freely and lovingly shared it with those who have suffered pain and disability.”

• Dr. Craig N. Anderson, D.C., past president of the Vermont Chiropractic Association

Devin Starlanyl specializes in education in the field of fibromyalgia and chronic myofascial pain. She is the past director of the Fibromyalgia and Chronic Myofascial Pain Institute and serves as facilitator for the FMS and CMP support group at a local hospital. A consultant and clinical researcher who assists FMS/CMP patients through FIBROM-L listserv, an Internet support group, Devin Starlanyl also maintains a comprehensive Web site about FMS and CMP (<http://www.sover.net/~devstar>). She is the coauthor of the first edition of Fibromyalgia & Chronic Myofascial Pain Syndrome and author of The Fibromyalgia Advocate, and as someone with both conditions, writes as one who understands “from the inside.”

• Mary Ellen Copeland, M.S., M.A., is coauthor of the first edition of Fibromyalgia & Chronic Myofascial Pain Syndrome and also knows firsthand the consequences of FMS/CMP. A distinguished teacher, writer, and lecturer, Ms. Copeland is the author of Healing the Trauma of Abuse, The Depression Workbook, Living Without Depression and Manic Depression, The Worry Control Workbook, The Loneliness Workbook, and Winning Against Relapse. Her audiotope, Living with Depression and Manic Depression, and her videotape, Coping with Depression, are widely used by therapists and depression clinics.

My Pain Dr recommended this workbook to me. It was very helpful. I actually was referred to the Author for counseling...how to live my 'new' life. At the end of the session he suggested I purchase the workbook. I said, "I have it. I've done some of the things in it." Then I said, " Oh, wow, that's you!" He is a great Dr.; he helped me a lot.

This is an amazing handbook for those of us suffering from this type of chronic pain. Concise, clear, easy-to-understand statements on how to deal with these ailments. It gives you a reason to say, "I knew I wasn't crazy!" Best of all, it tells you how to explain your pain to your family with illustrations on how the nerve endings are affected by different muscles in the body. It also tells you how to talk to your doctors so that they understand your pain. Education is good and this is one educational book for the layman.

Learned a lot from this book. Very informative. Wouldn't want to be without it as a reference guide.

Good in-depth info and advice. I wish I had gotten this info earlier so that I would stop doing things to exacerbate my fibromyalgia. Doctors do not give such detail info and advice. I highly recommend it.

A must read for all Fibromyalgia/Myofascial Pain disorder sufferers.

great insight

Great book! I'm just learning about this subject and have the trigger point therapy book by Clair Davies. These two books together do a great job of talking about the trigger points. I am just learning about fibro and chronic pain, so this book was a great introduction. I'm still trying to wade through all the information and figure out what my exact problems are, but this book is an excellent start and a very good reference. It has helped me a lot, and prevented me from making exercise/physical therapy mistakes that would have resulted in great set-backs. Definitely recommend

great resource material for Fibromyalgia

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