



What are customers saying about Managing Fibromyalgia?

## REVIEWS

The Midwest Book Reviews

James A. Cox, Editor-in-Chief

Fibromyalgia is reaching epidemic proportions in America, leaving many folks in pain. "Managing Fibromyalgia: Getting to Know Your Aggravators" is guide for sufferers in combating their disorder and minimizing its effect on their everyday lives. Talking straight and avoiding the complicated medical language that baffles so many, "Managing Fibromyalgia" is a must for anyone who is a sufferer or as a gift for one.

Available in both hardback and soft cover.

—Jane Oelke, ND, PhD.,

Author of "Natural Choices for Fibromyalgia"

"Managing Fibromyalgia" provides very practical techniques for people with fibromyalgia to take charge of their health. By listing the common aggravators that cause pain to increase, and nutritional suggestions that make pain lessen, those who help others with fibromyalgia can provide real support. I really appreciate the energy Pati Chandler put into her book for everyone to read.

---Artie Estridge

Educator, Department Chair

Pati Chandler's book *Managing Fibromyalgia- Getting to know your aggravators* offers jargon-free insight into an often baffling autoimmune disease. Her in-depth research and personal connections afford sufferers alternatives for treating this elusive disease from an empathetic perspective only a fellow sufferer could provide. I have suffered from Rheumatoid Arthritis for years. I had not realized that RA sufferers along with sufferers of other autoimmune diseases had a greater chance of developing fibromyalgia until I read the research provided by Ms. Chandler. In fact, I already suffer from some of the same symptoms. This small but mighty book will be my guide should I develop fibromyalgia, and it is crucial reading for those who currently suffer from the disease.

--Marian Whitten

Niles, Michigan

My doctor gave this book to me. He gave all his fibromyalgia patients a free copy of this book. He said every fibromyalgia patient should read this book. I agree. I found wonderful life style suggestions that have already made a difference. The book deals with the body, mind and spirit as well as the latest medical treatments available. Both can be compatible depending on each patient.

--Vickie Bayer  
Elkhart, Indiana

Finally a book that I can understand!!

Thank you Pati for writing a book that is easy to understand! As I was reading your book I felt as though we were sitting across from each other having a live conversation. I appreciate the time you spent in researching the condition in order to help others. Your book is very helpful as I try to manage my own Fibromyalgia daily.

--Su Martin  
Indiana

Thank-you, Thank-you Pati Chandler!!!!,

Thank-you for this well researched, fact-filled book. You have answered many of my questions and have helped me become a better advocate for my own condition. I am armed with information to present to my doctors now. Very well written and easy to understand.

--Kate  
Pueblo, Colorado  
Dear Ms. Chandler,

I wanted to let you know of my appreciation for your writing "Managing Fibromyalgia." The book gave one of the best descriptions of how it feels to have fibro that I have seen. Some of my family members are going to read it so they can get a better understanding. Your book was easy to read, contained good management ideas, included helpful resources and was real. No medical jargon to stumble over, and not authored by someone who is only familiar with fibro from a clinical standpoint.

I don't know how you were able to write a book while dealing with fibro, but I'm glad you did.

I was diagnosed in Oct. '07 and have been learning and re-learning how to take care of myself. Sometimes I forget some of the self-nurturing techniques- but then my body reminds me. Thanks again and best wishes for good health!

A. Estridge  
Bristol, IN

Managing Fibromyalgia- for those who are looking for options of treating this baffling disease! My sister-in-law suffered terribly for years with intense pain and loss of energy. She discovered she had Fibromyalgia. This was the first time I had heard of this disease. Ms. Chandler's coverage of treatment options is comprehensive yet precise...and most of these options are simple! Her discussion of the research on the benefits of Omega 3 is helpful. I learned a great deal about Fibromyalgia and its treatment, and I can't wait to share this with my sister-in-law! I recommend this book to all who are looking for a book that is reasonably priced and of manageable length...and one that avoids complicated language!

Managing Fibromyalgia...Ms. Chandler, thank you. October 15, 2008.

Thank you for providing a realistic guide for those who suffer from Fibromyalgia. Your years of research are a benefit to those who would like to be informed about this devastating disease. I have recommended this book to all I've met who are looking for options in dealing

with the disease and who do not want to wade through obtrusive medical terminology in order to gain knowledge of treatment options. I know options for treatment are expanding, and I look forward to a second edition...I know you will seek out the most recent updates. Thank you, again!

### **Mishawaka Press Book Review**

Erin E. Schmidt, staff reporter, November 2008

I have known at least one person with fibromyalgia, and I've seen the chaos it can wreak on the lives of the sufferer and those around him or her. Until I read ***Managing Fibromyalgia- Getting to Know Your Aggravators*** by Pati Chandler of Mishawaka (Treble Heart Books, 2008), I didn't really understand what fibromyalgia was, or how difficult it is to diagnose.

These facts are presented in Part I of ***Managing Fibromyalgia***. Parts II and III list the many, many factors that are known or suspected to aggravate fibromyalgia, and offer practical suggestions on what the sufferer can do to feel better. Although the book is slim and can be read in a few sittings, the sheer amount of research that went into this volume makes it indispensable for anyone who has been diagnosed with fibromyalgia. Friends and family of those with fibromyalgia will also find the book tremendously informative.

Besides all the research she has done on the topic, Pati Chandler knows of which she writes from personal experience. She was diagnosed with fibromyalgia ten years ago. She shares the techniques that have worked in her life in the appendix to this book. Her experience will be extremely helpful if you are dealing with this medical condition in your own life.