Fibromyalgia is a severe musculoskeletal pain and fatigue syndrome that affects approximately 3 to 6 million Americans. Fibromyalgia: The Complete Guide from Medical Experts and Patients is a compilation of a diverse group of health care practitioners and a comprehensive guide for patients and families.

The book provides authoritative, practical advice and answers to common questions about this condition to help patients and families achieve a greater understanding of all aspects of dealing with fibromyalgia. Physicians incorporate newest research on fibromyalgia. This resource offers material never presented in any other fibromyalgia book.

The research presented by an experienced psychiatrist on ADHD, concurrent with fibromyalgia and chronic pain, is innovative offering a piece of the puzzle that has been previously ignored and may offer new hope and insight to those with chronic pain. Patients give first hand accounts of how they have effectively improved their functionality and pain levels by incorporating suggestions outlined in the book.

This valuable resource breaks down complex medical issues into understandable terms, and focuses on the most important things readers need to know to understand and manage fibromyalgia.