



A Fibromyalgia Reading List

"Sick & Tired of Feeling Sick & Tired: Living With Chronic Invisible Illness" by Paul J Donoghue & Mary E. Siegel

"Stretching" by Bob Anderson

"Office Hours Day and Night" by Janet Travell, M.D.

"Myofascial Pain and Dysfunction: Trigger Point Manual Volumes I & II" by Janet G. Travell, M.D. and David G. Simons, M.D.

"Streamlining Your Life" by Stephanie Culp

"Feeling Good", by David D. Bums, M.D.

"Prescription for Anger", by Gary Hankins, Ph.D. and Carol Hankins

"Winning with chronic Pain: A Complete Program for Well-Being" by Harris H. McIlwain

"When Muscle Pain Won't Go Away" by Gayle Backstrom and Bernard R. Rubin, D.O. Taylor Pub 1993

"Job's Body" by Deane Juhan

"Nasty People: How to Stop Being Hurt by Them Without Becoming One of Them", by Jay Carter

"Fibromyalgia: Fighting Back" by Bev Spencer and "Coping with Fibromyalgia by Beth Ediger. LRH publications Box 8 Station Q Toronto, ON M5T 2L7 Canada

"The Fibromyalgia Syndrome" by Mary Anne Saathoff RN, BSN POB 21988 Columbus, Ohio 43221-0988

"Fibromyalgia: Managing the Pain" by Mark J. Pelligrino MD Anadem Publishing 3620 N. High Street Columbus Ohio 43214

"Advances in Research", Getting the Most Out of Your Medicines" "FMS/CFS in Young People" and "Fibromyalgia Network Newsletter" at POB 31750, Tucson AZ 85751-1750 520-290-5508

Coming Spring 1996:

"Fibromyalgia and Chronic Myofascial Pain Syndrome: A Survival Manual" by Devin Starlanyl M.D. and Mary Ellen Copeland M.A., M.S. New Harbinger

"The Best Revenge: Living Well with Fibromyalgia and Chronic Pain", by Miryam Williamson, Walker and Co.