Memoir Offers Hope to Sufferers of Chronic Fatigue Syndrome and Chronic Pain


An estimated 4 to 6 million people in the United States suffer from chronic pain, or fibromyalgia, according to the National Fibromyalgia Partnership. Tami Brady reaches out these millions suffering from "the invisible disability," plus the 1 million more who suffer from chronic fatigue syndrome in her new, self-help memoir "Strategies: A Chronic Fatigue Syndrome and Fibromyalgia Journey" (ISBN 9781932690484, Loving Healing Press, 2008).

By the time Brady received the diagnoses, she was facing an array of debilitating symptoms: she hardly slept, was in constant pain and her legs collapsed on a regular basis. Still, fibromyalgia and chronic fatigue syndrome face open skepticism among the general public and even within the medical community. Most sufferers don't look ill and no definitive test exists for chronic fatigue syndrome or fibromyalgia. Brady admits that at first, she didn't believe they were real conditions. "Strategies" shares her journey toward accepting her conditions as a reality, something that only came about after meeting others with the same issues.

As its title implies, the book offers strategies that Brady finds useful for helping her cope with chronic fatigue syndrome and fibromyalgia on a daily basis. "Strategies" contains several different types of worksheets to help readers keep track of their symptoms and discover the healing methods that work best for them. Brady's diagnosis caused her to leave behind a promising archeology career to pursue the study of alternative medicine. She found energy medicine practices, specifically Reiki, to be particularly effective in alleviating her fibromyalgia symptoms and is now focusing her Ph.D. research on this emerging area of treatment.

Brady urges others with her conditions to arm themselves with knowledge and build a strong support group. She hopes that by sharing her story, she can validate the journeys of all who suffer from chronic fatigue and pain. "Strategies" is a moving glimpse into Brady's transformational journey, which taught her to slow down and appreciate life. "Our fatigue and pain make us choose what's really important in our lives," Brady says. "These symptoms force us to be more loving and kind to ourselves. If we allow them to, they can even show us a better, more content, fulfilling existence."

About the Author

Tami Brady resides in Calgary, Alberta. She earned her bachelor's and master's degrees in archeology before turning her interests to alternative medicine. Today she provides whole health therapy sessions to people with fibromyalgia and infertility issues. "Strategies" is her seventh published book, and she is currently working toward obtaining her Ph.D.

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