Books Every Fibro Warrior Should Read

by CODIE WRIGHT

Books for Fibromyalgia

Sometimes on a bad flare-up day, all you can do is lay down. Perhaps in between the soppy chick-lit or post-apocalyptic sci-fi movies, you may want to read a book about fibromyalgia to help you understand the condition more or look for new ways to cope.

Sometimes it's just about not feeling so alone with the condition that can make you feel entirely isolated. Here are some of the best books I've found that every fibro warrior should read!

Take Back Your Life **by Tami Stackelhouse**

Not only is Tami a fibro warrior herself, but she is also a fibromyalgia coach too.

This book is perfect if you've just been diagnosed with the condition, or perhaps for you to give to a family member so that they have a better understanding of what it is like.

Tami looks at strategies to manage your symptoms, increase your energy, have more sleep and live your best life with fibromyalgia.

The Fatigue and Fibromyalgia Solution **by Dr. Jacob Teitelbaum**

It can be somewhat jarring to some of us when we see someone talking about 'combatting' something that we know is a life-long condition, however, what Dr. Teitelbaum is doing in this book is teaching readers how to manage their symptoms.

Backed up by science and clinical information, this isn't a quick fix solution, but there are a lot of fantastic techniques to help you overcome some of your symptoms and get back to living your life.

The FibroManual: A Complete Fibromyalgia Treatment Guide for You and Your Doctor **by Ginevra Liptan, M.D.**

Dr. Liptan is another fellow fibromyalgia sufferer and as such understands how difficult it can be to live with the condition.

Her program goes further than the mainstream knowledge and techniques as she combines proven therapies from alternative and conventional medicine as well as her research.

There is a bonus "health care provider guide" which is great if your doctor does not fully understand the condition, or you have a family member who wants to know more.

***A Patient-Expert Walks You Through Everything You Need to Learn and Do, The First Year Fibromyalgia* by Claudia Craig Marek**

This book calls itself “an essential guide for the newly diagnosed, ” and it is easy to see why.

This fantastic book will become almost a bible for anyone who has just been given a diagnosis, as it goes from the first seven days after receiving the news, right through to an entire year.

Offering advice, support, and answers to things such as how to choose the right doctor, self-management techniques, and holistic approaches. If you are a long time fibro warrior, perhaps you could consider this book for anyone else who has just been diagnosed.

***Fibromyalgia And Chronic Myofascial Pain: A Survival Manual* by Devin J Starlanyl**

For those who want to be empowered to manage their symptoms, you can’t get much better than this fantastic survival manual.

Offering tools such as targeted bodywork to help ease painful trigger points to techniques to help with pain, sleep problems and the dreaded fibro fog, as well as being one of the only books that look in detail at the different issues that may affect women and men individually.

***Inside Fibromyalgia* by Mark J. Pellegrino**

A compilation of some of Mark’s other fibromyalgia work, this book has become something of a bible for a lot of warriors.

Mark is a sufferer himself, as well as a doctor and his books offer empathy as well as support and empowerment from both sides of the road.

Inside Fibromyalgia includes real-life exercises and practical advice when it comes to daily living, and his brand of humor and personality make this a joy to read.

***Fibromyalgia For Dummies* by Roland Staud**

Don’t be put off by the light-hearted title; this book has a lot of useful information in easy to understand plain English with sensitivity and science in spades!

If you want a book without all the medical jargon, or perhaps you want something to help your partner understand the struggling, this is an excellent choice as it is easy to dip in and out of.

***Exercises for Fibromyalgia: The Complete Exercise Guide for Managing and Lessening Fibromyalgia Symptoms* by William Smith**

If you are someone that wants to improve their fitness but knows that a “normal” fitness plan won’t work for you with fibromyalgia, then this book will be ideal. The focus is on exercises and techniques to improve your general health, improve your sleep, build up strength and reduce pain.

As you can see, there is a huge range of books for fibro warriors, whether you are looking for support and guidance or a simple guide to the condition for friends and family - it’s nice to feel less alone!