

[PDF] Fibromyalgia And Chronic Myofascial Pain: A Survival Manual (2nd Edition)

Mary Ellen Copeland, Devin J. Starlanyl - pdf download free book



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Description:

From Library Journal An estimated 26 million Americans have either fibromyalgia syndrome (FMS), myofascial pain syndrome (MPS), or both in the form of an FMS/MPS complex. The volume by Starlanyl, a physician who specializes in the research and treatment of FMS/MPS and who has

both conditions, and Copeland, a writer and FMS/MPS patient, discuss all aspects of both disorders. They also offer information on the latest medications, tips for bodywork, and suggestions for coping with family and work, getting support, and dealing with the healthcare system. Appendixes include lists of agencies and organizations and of audio and video aids. Both books are recommended for consumer health collections, but if only one can be purchased, Starlanyl and Copeland's work has the edge due to its greater scope and more comprehensive coverage. Janet M. Coggan, Univ. of Florida Libs., Gainesville

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Review

"Devin Starlanyl has a remarkable determination to help relieve mankind of unnecessary suffering. The guidance in this book can serve both practitioners who have yet to understand the nature of their own musculoskeletal aches and pains, and patients who are unable to find a practitioner adequately skilled in this neglected subject. The message of this book is a voice crying out in a wilderness of neglect."

—David G. Simons, M.D., Clinical Professor of Medicine at Emory University

"In a 1997 book review, I extolled the extraordinary features of the first edition of Starlanyl and Copeland's *Survival Manual*. As caregivers to FMS/MPS patients and sufferers themselves, their advice in the book was superbly tuned to readers' needs. Now, in this second edition, Starlanyl and Copeland have outshone themselves. Having updated the *Survival Manual* and enhanced its laudable features, they have made an already valuable book almost priceless."

—Dr. John C. Lowe, Director of Research, Fibromyalgia Research Foundation, Board Certified, American Academy of Pain Management

"They've done it again! This second edition of the *Survival Manual* is a gold mine of practical advice and scholarly information put into everyday language. This book gives a great many options for all aspects of FMS/CMP and its message is one of hope. An owner's manual for you, and one that should be required reading for all of your health care providers, this is not a book to be read and crossed off of your list, but a resource to avail yourself of over and over again. The tools are here. Use it yourself and have those close to you read it also."

—Richard Finn, Director, Academy for Myofascial Trigger Point Therapy, coauthor, *Myofascial Pain Syndrome: Manual Trigger Point & S-EMG Therapies*

"Devin Starlanyl and her work are incredible resources to the fibromyalgic community. She has tirelessly researched her subject and freely and lovingly shared it with those who have suffered pain and disability."

—Dr. Craig N. Anderson, D.C., past president of the Vermont Chiropractic Association

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