



# Take Back Your Life: Find Hope And Freedom From Fibromyalgia Symptoms And Pain

By Tami Stackelhouse

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## Take Back Your Life: Find Hope And Freedom From Fibromyalgia Symptoms And Pain By Tami Stackelhouse

Are you tired of feeling like a prisoner in your own body? Do you want to find some hope and be free of fibromyalgia symptoms and pain? A fibromyalgia patient herself, author and Fibromyalgia Coach, Tami Stackelhouse, has gone from disabled to thriving. In this book, you will learn how to Take Back Your Life using the techniques and strategies Tami has used to get well. More than just a lifestyle or self-management guide, this is a concise reference book woven with Tami's own fibromyalgia story. This book is a page-by-page survival guide for the action-oriented fibromyalgia patient who wants to feel better as quickly as possible. It's written for the patient overwhelmed with a new fibromyalgia diagnosis and for the fibro-veteran who is stuck and needing new ideas. It is also a great resource for the caring family members and support team of anyone suffering with fibromyalgia. In this book, Tami discusses what it means to have a fibromyalgia diagnosis, from the perspective of someone living with it daily. She will show you how to:

- Stop the pain.
- Increase your energy.
- Improve your quality of sleep.
- Work with your doctor.
- Help yourself heal.
- Bring more joy into your life.

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