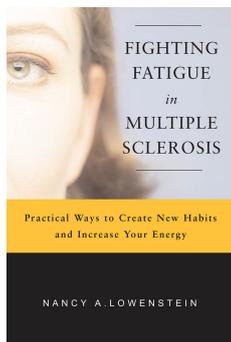


PARILAIHDUTTAA.NET Ebook and Manual Reference

FIGHTING FATIGUE IN MULTIPLE SCLEROSIS EBOOKS 2019



Author: Nancy Lowenstein

Release Date: Lanzamiento previsto: @@expectedReleaseDate@@

400,000 people in the U.S. alone have multiple sclerosis. Of that, 86% cite fatigue as the number one symptom of their disease. Commonly people resort to substances such as caffeine, sugar and medications to combat fatigue with mixed results and uncertain health effects. Occupational therapists teach clients "Energy Conservation Techniques" to deal with their fatigue without resorting to drugs. These approaches have been shown, through research, to have positive impacts on individual's ability to deal with this debilitating symptom of MS. The information in *Fighting Fatigue in Multiple Sclerosis: Practical Ways to Create New Habits and Increase Your Energy* will help individuals with MS learn techniques to assist them in having more energy to do the activities they enjoy. Many people give up doing the "fun" activities in their lives in order to get through the "must dos." This book will give them the tools to manage their time and activities in order to do both. Nancy Lowenstein's expertise on fatigue management, rehabilitation and environmental modifications make this the go-to book for dealing with fatigue and multiple sclerosis. Busy lives, busy minds and busy bodies; Let's look at your daily routine; Let's rate and rank your daily activities; It's all so important! What can I change?; Fitting it all in. Is that possible?; Do I have to go to the gym?; Do I have to go upstairs again?; The Power Nap; Ways to simplify; How to make the changes stick. "This book is for anyone experiencing MS-related fatigue who find themselves getting through the must-dos with no energy left for the fun, meaningful activities of life. The concepts contained within the book have been utilized for a number of years in combating MS-related fatigue, and are presented in a way that are easy to understand and immediately applicable to daily life." "Unlike most self-help books, this one offers readers a concrete, practical, and hands-on approach to energy conservation, fatigue management, and coping with the evermore pervasive symptom of fatigue. The workbook exercises are helpful in providing step-by-step assistance in identifying problems and brainstorming real solutions in order to maintain a more satisfying quality of life despite the challenge that chronic fatigue presents." -- Doody's Reviews

"I found this book refreshing and cognitively easy-to-follow. This author has found it quite useful in my everyday life. I am sure readers of *Fighting Fatigue in Multiple Sclerosis: Practical Ways to Create New Habits and Increase Your Energy* will find it equally helpful and indispensable. I highly recommend this book for all people with Multiple Sclerosis in their battle with fatigue." --Cathy Chester, MSCares.org

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