

SSB Library Reviews -

August 2011

BOOKS

Self help/information books -

LIVING WITH ME by Dr Charles Shepherd



(1999) In this bestselling 496 pagebook, Dr Shepherd, member of the Chief Medical Officer's ME/CFS working group & chief medical advisor to the ME Association, provides essential information on symptoms, accurate diagnosis and research into ME/CFS. In addition all aspects of management - drug treatments, psychological problems, alternative medicine, lifestyle issues, sickness benefits, education and employment are covered.

Member Reviews:

"This is like the A-Z of ME! It is also a useful book for explanations about many different kinds of medications that may be used for ME/CFS" Jenny G

ME/CFS A PRACTICAL GUIDE by Dr Anne MacIntyre



(1998) A practical guide to understanding Chronic Fatigue Syndrome M. E., commonly called Chronic Fatigue Syndrome, is an illness about which very little is understood. Doctors have difficulty identifying it, and then can often offer no solution other than bed rest. Dr Anne Macintyre has suffered from M.E. for over 10 years, but she has used her medical expertise to understand the causes of M.E., to communicate the reality of the disease to her sceptical colleagues and, most importantly, has learned how to recover from it. This revised edition of her much acclaimed book gives clear and comprehensive guidelines on: / exercise, rest and relaxation / nutrition and supplements / coping with a change in lifestyle / managing depression / particular problems for women with M.E. / psychiatric approaches to the illness. (Amazon)

Member reviews:

"It's the first book I read about ME. It remains my favourite and I still find it extremely useful" Jo T

BETTER RECOVERY FROM VIRAL ILLNESS by Dr Darrel Ho-Yen



Unlike other books, the emphasis in this book is what the patient and doctor should do to aid better recovery. Much is required of the patient on a day-to-day basis, and advice in this book is specific. Many patients have felt that the previous editions of this book have motivated them, and given them a precise plan for recovery. The five-step plan for better recovery has been used on hundreds of patients worldwide over many years. This book is a product of the collective experiences and recovery of these patients. It is based on what can be done now rather than scientific hypotheses. (Dodona Books website) (4th edition now available as well)

Member reviews:

1. "I found this book really useful and it opened my eyes to what energy management actually meant!" Jenny G
2. "Ideal starting point if new to understanding the illness and its many abbreviations ME CFS ME/CFS PVFS
Gives explanation and history of illness and a management plan. Suggestions on effective way to keep a simple diary to support self and medical profession. EASY READ FOR THOSE WITH BRAIN FOG. (Or what I call experiencing porridge for brains due to the illness)" Tony B

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ME and YOU by Steve Wilkinson

A self-help plan for managing myalgic encephalomyelitis, a debilitating illness which has been largely ignored by the medical profession. The author, a sufferer himself, describes the disease and its symptoms, explains how to cope with it and how to set out on the road to recovery. (Amazon)

Members' reviews:

1. "The type set is a bit to close for the dyslexic and other visual distortions of ME, but the bits I read were insightful. I didn't get to finish the book for that very reason. You may have better cognitive functions than me when you read it. The detailed categorisation of symptoms are very useful for identification. The main point of interest is that this was written by a Doctor with ME. Poacher turned game keeper methinks. Amazing how their views change when they have direct experience." Tony B
2. "First book I ever read when I got ME. I immediately identified with author's description of his ME. Some very helpful tips on how to alleviate some of the symptoms e.g do it yourself sauna in your own bath for sweating out toxins which does help with those horrible night sweats and nightmares. I found it very helpful" Jenny G



SURVIVING ME by Joyce Fox

ME (myalgic encephalomyelitis) is a controversial condition once known as "yuppie flu" and often confused with chronic fatigue syndrome. Focusing on the emotions sufferers experience, this book offers guidance on coping with the stages of the disease: denial, anger, depression and acceptance. (Amazon)

Member reviews – "Surviving ME is recommended reading by the ME Association.

Not a book I could have coped with in the early days of my illness - but many years on I have found the book, and the guidance it offers concerning the emotional stages of: denial; anger; depression; and finally acceptance, has helped to develop my perspective of ME. The author deals very well with all the emotional aspects of ME and is also very practical. She gives useful strategies for relaxation and some breathing techniques. She completes her book by providing us with a book list and lots of useful addresses." Jo T



SEVERE ME/CFS – A guide to Living by Emily Collingridge

2010 Severe ME/CFS: A Guide to Living by former AYMEr Emily Collingridge is the first definitive reference book written specifically to help those who are predominantly bedridden and in need of considerable care.

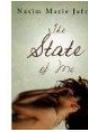
Member Reviews:

"A necessary, effective, and generous guide that I can easily foresee becoming a crucial support tool in managing the illness and requisite reference for severe ME. Finally, everything you wanted to know about severe ME but were afraid to ask because your brain would cave in as soon as you tried to formulate the question" Tarsam S

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ME Fiction -



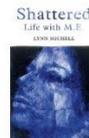
THE STATE OF ME by Nasim Marie Jafry

2008 The State of Me explores the loneliness and chaos of one of the most misunderstood illnesses of our time, but also celebrates the importance of family, friendships, and sexual love. A stunning, eloquent and linguistically perfect debut novel. (Amazon)

Member reviews:

"The State of Me is about Helen, a language student, who has to come home from her study year in France because of a mystery illness. She is later diagnosed with ME! For her friends & family life is as usual, but for Helen, of course, everything is on hold as she gets one disbelieving professional after another. I am afraid I am not going to tell you how things end for Helen- you'll have to read the book to see how life pans out for her (I don't want to spoil it for you!). A quote from the epilogue: "On January 11th 2002, the Chief Medical Officer's Working Group reported that ME is real, debilitating and distressing. Doctors were no longer allowed to tell their patients they didn't believe in ME". Three cheers for the CMO!" Jo T

Personal experience books -

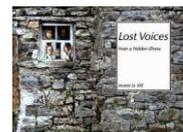


SHATTERED by Lyn Mitchell

It is March 1987. There is a flu bug doing the rounds in Edinburgh, which floors Lynn Mitchell and her two sons. Instead of pulling out of their ill and exhausted state, none of them gets better. It takes three years for Lynn's elder son to recover. She and her younger son are still ill 16 years later. This account of life with M.E., an unpredictable and devastating chronic fatigue illness that is still widely misunderstood and undiagnosed, is an emotionally intelligent, compassionate and often angry tour de force. Offering a personal insight into life as an M.E. sufferer, "Shattered" should be of help to sufferers in their fight for recognition and a comfort in their hour of need. While the first person snapshots of sufferers of all ages, describing the many different forms this illness can take and the effects it can have, can paint a bleak picture of a "life interrupted" and the lack of support and stigma from the public and the medical professions, readers should be able to draw hope and support from the shared stories. In addition to the stories of living with M.E., "Shattered" includes: advice on how to deal with social workers, teachers and other professionals; advice on how to deal with relationships; an exploration of life with M.E. from a young person's perspective; an exploration on the effect of M.E. on family life; advice on how to cope if you're a parent of an M.E. sufferer; and recommended complementary therapies and therapists' views on treating M.E. (Amazon)

Member reviews

"This was a very good book but some of the personal stories are quite sad and they made me cry."
Jemma M



LOST VOICES from a HIDDEN ILLNESS published by Invest in ME

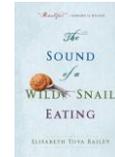
Lost Voices is primarily written by people affected by severe ME- whether as sufferers, carers or families - those very severely affected – house-bound or bed-bound - are represented.

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Member Reviews:

"This is an amazing book, full of very moving and personal views on ME in stories, photos & pictures - each one expressing their own feelings. It is particularly emotional to see photo galleries of some families - as they were before ME struck a member of their family, and how they are now after ME. This really tells it how it is - I recommend everyone to read this book" Jenny G



THE SOUND OF A WILD SNAIL EATING by Elisabeth Tovey Bailey

The author was struck down with a neurological disorder that left her too weak even to sit up. The illness forced her to stay in bed, where she felt life was slipping by, unused. Things changed when a friend brought her a gift: a pot of flowers that also contained a wild snail.

Member reviews:

This is a lovely, gentle book. The author becomes fascinated by the little wild snail, and draws parallels between her own isolating illness and the solitary life of the snail. The snail becomes her companion - and she draws strength from the determination of the snail to achieve his objective, even though it takes him a long time! The story moves on and I won't spoil it by saying what happens... She does have a suggested diagnosis of ME/CFS at some point, but really it's all about coping with a severe disabling illness. It does have a nice ending and it certainly has a feel good factor. I would recommend this book. Those members who have been/are severely affected would definitely identify with this book." Jenny G

We are still awaiting members' reviews on:

RECOVERING FROM ME by Willam Collinge

WHY ME? by Alex Howard

CFS A NATURAL WAY TO TREATMENT by Professor B.K Puri

THE PERRIN TECHNIQUE by Raymond Perrin (new)

MY DAUGHTER and ME by Sheila Davis

PVFS: The SAGA OF THE ROYAL FREE DISEASE by A Melvin Ramsay

OSLER'S WEB by Hilary Johson (new)

LIVING WITH A LONG TERM ILLNESS by Frankie Campling

OCCUPATIONAL THERAPY and CFS by Diane Cox

CANDIDA ALBICANS by Gill Jacobs

The COMPLETE GUIDE TO FOOD ALLERGY by Brostoff & Gamlin

BEAT FATIGUE WITH YOGA by Fiona Agombar

The SELFISH PIG'S GUIDE TO CARING by Hugh Marriot

THE STRESS AND RELAXATION HANDBOOK by Jane Madden

THE LITTLE BOOK OF YOGA BREATHING by Scott Shaw

STRICKEN -Voices from the Hidden Epidemic of Chronic Fatigue Syndrome by Peggy Munson

Anyone who has read any of these and could give a review

please sent it to Jenny via the usual contacts