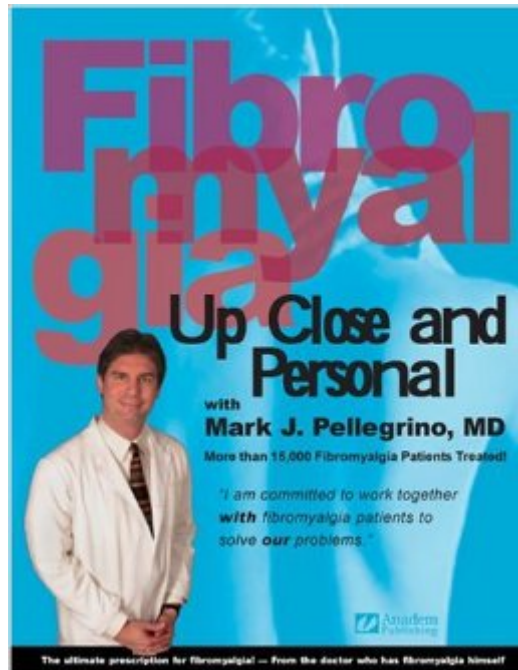


The book was found

Fibromyalgia: Up Close & Personal



Synopsis

Mark J. Pellegrino, MD has just completed *Fibromyalgia: Up Close Personal*, his 10th book on fibromyalgia. He is one of the foremost writers and speakers on this disease which he has devoted his life to treating and which he himself has lived with since childhood. Dr. Pellegrino brings readers up-to-date with the newest drug and physical treatments for fibromyalgia. He also presents the latest thinking on diet and exercise to help people with this condition lead a full life. *Up Close Personal* is packed with 43 chapters of inside medical information and hands-on practical advice for everyday living. Recognized by fibromyalgia sufferers for understanding what they are going through, Dr. Pellegrino is a welcoming and encouraging presence for everyone with this condition and this quality comes through very clearly in his writing. It's as if each person reading his book is having a private consultation with Dr. Pellegrino about their shared disease. In *Up Close Personal* Dr. Pellegrino has enlisted two leading attorneys to bring readers much needed insight into disability and personal injury issues. Also, he asked a knowledgeable physician to contribute a chapter on the common problem of post-traumatic fibromyalgia caused by whiplash.

Book Information

Paperback: 424 pages

Publisher: Anadem Publishing; 2 edition (January 2005)

Language: English

ISBN-10: 1890018503

ISBN-13: 978-1890018504

Product Dimensions: 11.1 x 8.5 x 1.1 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #118,718 in Books (See Top 100 in Books) #19 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Pain Medicine](#) #42 in [Books > Medical Books > Pharmacology > Pain Medicine](#) #43 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#)

Customer Reviews

To say that Dr. Mark Pellegrino has done it again is quite the understatement. At first glance, you may be a bit overwhelmed but don't let the size of *Up Close and Personal* intimidate you. While it's not a weekend read-I tried that for my review - the 400 plus pages are worth their weight in gold even if you risk a fibro-flare carrying it home from the bookstore! It's a reference book that mixes a

blend of fibromyalgia history, diagnosis, therapy, research and legalese with a twist of Dr. Pellegrino's unique sense of humor. Dr. Pellegrino puts it best in his own words, "My approach has been to help all patients deal with their symptoms, first by helping them understand fibromyalgia, and second to encourage them to use successful strategies to become a fibromyalgia survivor". Author of several other fibromyalgia books and a physician with a clinical practice experience of more than 15,000 patients, he's more than qualified to share his opinion. Still, you may be asking why you would need another fibromyalgia book. After all, is there really anything new to write about? For the newly diagnosed, this book is an easy to understand reference. For the seasoned, it's updated to include the latest in fibromyalgia research including chiari malformation, nutrition and the legal aspects of post-traumatic fibromyalgia, updates gleaned in the three years since his last book, Inside Fibromyalgia. While 400 pages may seem daunting, the book is divided into six sections, with 6-8 chapters in each section, which helps the reader break down and absorb the well-presented information. In addition, exclamation points on certain pages draw your attention to helpful bite-sized facts.

[Download to continue reading...](#)

Head Lice Up Close (Raintree Perspectives: Minibeasts Up Close) (Raintree Perspectives: Minibeasts Up Close) Fibromyalgia: Up Close & Personal Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) Up Close and Personal with the Urantia Book - Expanded Edition Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library) Healthy Appetizers: Easy to Make. Low Carb, Low Fat, Low Calorie Appetizers (Atkins diet, dash diet, ketogenic diet, keto, candida, lyme disease, fibromyalgia, south ... beach diet, TLC diet, Gluten Free, Paleo) Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) Treating and Beating Fibromyalgia & Chronic Fatigue Syndrome, 5th Ed Hypermobility, Fibromyalgia and Chronic Pain, 1e Gut: The Key to Ultimate Health - SIBO, IBS & Fatigue (GAPS, Candida, Chronic Fatigue, Fibromyalgia, Adrenal Fatigue, SIBO, Parasites) Why Does Mommy Hurt?: Helping Children Cope with the Challenges of Having a Caregiver with Chronic Pain, Fibromyalgia, or Autoimmune Disease Autoimmune Disease: Discover The Symptoms & Treatment of Chronic Pain & Genetic Disease (Musculoskeletal, Anti Inflammatory, Arthritis, Fibromyalgia, Multiple Sclerosis, Symptoms, Celiac Book 1) I Was Poisoned By My Body: The Odyssey of a Doctor Who Reversed Fibromyalgia, Leaky Gut Syndrome, and

Multiple Chemical Sensitivity - Naturally! IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) The New Arthritis Cure: Eliminate Arthritis and Fibromyalgia Pain Permanently The Miracle of Bio-Identical Hormones: How I Lost My Fatigue, Hot Flashes, ADHD, ADD, Fibromyalgia, PMS, Osteoporosis, Weight, Sexual Dysfu Impaired Sensitivity to Thyroid Hormone (Thyroid Hormone Resistance): A Cause of Fibromyalgia, Chronic Fatigue, ME, Coeliac Disease, MS, Heart Disease, Depression and Many Other Conditions Treating & Beating Fibromyalgia and Chronic Fatigue Syndrome: a step-by-step program proven to help you get well again! Fibromialgia / Fibromyalgia: Diagnostico y estrategias para su rehabilitacion / Diagnosis and Rehabilitation Strategies (Spanish Edition) Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammolgy)

[Dmca](#)