

Recommended Reading

These books provide useful information about CFS/ME and the problems associated with it and helpful strategies for managing symptoms. They may be used as self-help resources or additional sources of information for patients working with a trained healthcare professional.

Coping with CFS

Trudi Chalder, 1995

Sheldon Press, paperback

Chronic Fatigue Syndrome (CFS/ME): The Facts

Frankie Campling and Michael Sharpe, 2005

Oxford University Press, paperback

Overcoming Chronic Fatigue

Mary Burgess and Trudi Chalder, 2005

Robinson, paperback

Mind Over Mood

Dennis Greenberger & Christine Padesky, 1995

Guilford Press, paperback

This is a helpful overview to CBT management for low mood and depression and is very user-friendly with a easy, approachable style.

Overcoming Low Self Esteem: a self-help guide using cognitive behavioural techniques.

Melanie Fennell, 2001.

Constable & Robinson, paperback.

This is highly recommended by patients who have used it. It offers practical help with low self esteem by exploring how it develops, why it continues and how to break the negative cycles and become more confident and self-accepting.

Manage your pain

Michael Nicholas, Allan Molloy, Lois Tonkin & Lee Beeston, 2003.

Souvenir press, paperback.

Well written, excellent all-round coverage of pain management methods and explanation of mechanisms of pain for patients, carers and professionals.

Controlling chronic pain

Connie Peck, 1985.

Fontana, paperback.

Quite a long and detailed but readable book covering particularly psychological issues - mood, family issues, and so on - as well as other aspects of pain management.