

*Chronic Fatigue Syndrome, Fibromyalgia and Other Illnesses—The Comprehensive Guide*, by Katrina Berne, Ph.D., 2001, ISBN: 0897932803

This is one of the best regarded, all-inclusive books which covers diagnosis, theories, research, and overall management of the Chronic Fatigue Syndrome/Chronic Fatigue and Immune Dysfunction Syndrome/Myalgic Encephalopathy (CFS/CFIDS/ME) and Fibromyalgia (FM). Good attention and detail is given to the various detectable abnormalities and diagnostic techniques/ tests used, symptoms and groups of symptoms, things in common but also differences between these illnesses. It also provides a reasonably good overview of treatments (conventional and alternative methods), at least up to those available at the time of publication.

What makes this book unique and particularly helpful is the advice given about practical lifestyle modifications and coping strategies, as the author is a licensed clinical psychologist who treats patients with these illnesses. Furthermore, Dr. Berne also happens to be someone who has CFS/CFIDS/ME and the reader can definitely sense how well she understands and can relate to the effects of these illnesses. This is one of the most frequently recommended books for newly diagnosed patients with CFS/CFIDS/ ME or FM and their family members. Due to its popularity, it is likely to be found on the public library system but it is definitely worth purchasing and having on hand.