



Fibromyalgia: Up Close & Personal

Mark J. Pellegrino

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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.

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From reader reviews:

Joe Hessler:

Have you spare time for the day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a move, shopping, or went to the Mall. How about open as well as read a book entitled Fibromyalgia: Up Close & Personal? Maybe it is to get best activity for you. You realize beside you can spend your time using your favorite's book, you can better than before. Do you agree with it is opinion or you have other opinion?

Linda Matthews:

Nowadays reading books are more than want or need but also be a life style. This reading addiction give you lot of advantages. The benefits you got of course the knowledge the rest of the information inside the book that improve your knowledge and information. The info you get based on what kind of publication you read, if you want have more knowledge just go with schooling books but if you want sense happy read one having theme for entertaining like comic or novel. The actual Fibromyalgia: Up Close & Personal is kind of publication which is giving the reader unpredictable experience.

Barbara Roundtree:

A lot of people always spent all their free time to vacation or even go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity this is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day every day to reading a guide. The book Fibromyalgia: Up Close & Personal it is extremely good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. Should you did not have enough space to develop this book you can buy the particular e-book. You can more easily to read this book from your smart phone. The price is not too costly but this book possesses high quality.

Carolyn Wilson:

As we know that book is vital thing to add our know-how for everything. By a reserve we can know everything we really wish for. A book is a set of written, printed, illustrated or perhaps blank sheet. Every year seemed to be exactly added. This e-book Fibromyalgia: Up Close & Personal was filled with regards to science. Spend your free time to add your knowledge about your scientific research competence. Some people has different feel when they reading the book. If you know how big benefit from a book, you can feel enjoy to read a guide. In the modern era like currently, many ways to get book that you simply wanted.

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