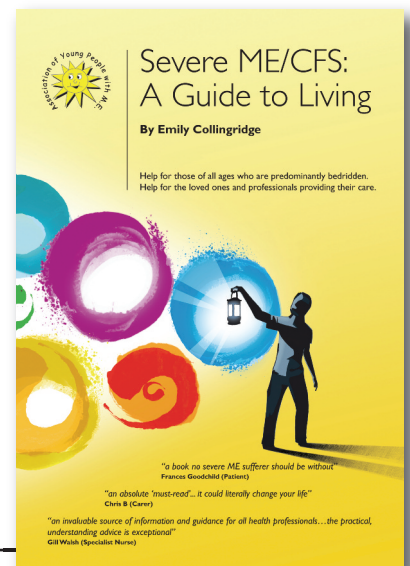


# Severe ME/CFS: A Guide to Living

By Emily Collingridge

This essential reference book for all professionals treating patients with severe ME/Chronic Fatigue Syndrome is now available from the Association of Young People with ME.



**Severe ME/CFS: A Guide to Living** is receiving wide acclaim.

*“an enormous wealth of practical, down to earth advice... should be read by healthcare professionals involved in the management of all grades of CFS/ME”*

**Dr Alastair Miller** Consultant Physician in Infectious Disease and General Medicine

*“an invaluable source of information and guidance for all health professionals... the practical, understanding advice is exceptional”*

**Gill Walsh**, specialist nurse

*“a great resource for any clinician”*

**Dr Wendy Firman**, General Practitioner

*“this book has the potential to be very important”*

**Prof Ingvar Bjarnason**, Consultant Physician

*“an excellent contribution to the knowledge and management of the severely affected”*

**Carol Wilson**, specialist occupational therapist\*

- A4 in size, it provides over 130 jam packed pages of advice on all areas of severe ME.
- Written to help patients of all ages, there is specific advice for professionals, including doctors, nurses, occupational therapists, physiotherapists, dietitians, psychologists, speech language therapists, social workers and home tutors.
- A quick reference section for professionals provides easy access to the most important information.
- Topics covered include symptom and activity management, tube feeding, mobility, hospital admission, emotions, personal care and education.
- Sold at cost to enable multiple copy purchase, **Severe ME/CFS: A Guide to Living** is available for the bargain price of **£5.99** including p&p.

**To order your copies see overleaf.**

\*For more comments on **Severe ME/CFS: A Guide to Living** see overleaf and [www.severeme.info](http://www.severeme.info)

*“This book deals with a difficult topic of severe CFS/ME with commendable clarity and straightforwardness. It is intensely practical in focus, very well informed, and evidently deeply rooted in personal experiences... immensely useful to patients and professionals alike. I recommend it highly.”*

**Prof Tony Pinching**, Clinical Immunologist and ME specialist

*“extremely well researched and organised... Physiotherapists new to CFS/ME and those already familiar with the condition will find the guide to be an excellent resource.”*

**Paula Bronson**, Specialist Physiotherapist

*“will be particularly useful for any healthcare professionals and students wanting to gain a wider understanding of the issues faced by people with severe ME/CFS... will help dietitians to improve the way they deal with people who have severe ME/CFS”*

**Jo Ridgway**, Dietitian

*“provides a comprehensive understanding of the needs of people with severe CFS/ME [which] will help occupational therapists who have limited experience in this area to plan and implement appropriate assessment and treatment programmes”*

**Sue Pemberton**, Specialist Occupational Therapist

*“should be required reading for any professional who is working or contemplating working in the field of severe ME.”*

**Gill Jones**, Senior Accredited Counsellor specialising in ME

*“This book should be used as a reference book within the CFS/ME services – it will be invaluable for professionals, carers and patients... practical, sensible, reassuring and helpful.”*

**Gill Walsh**, Specialist Nurse

*“I would urge anyone working or involved with someone with ME/CFS to read this guide in order to further their understanding of the illness and its impact on the individual.”*

**Helen Casey**, Home Tutor



## Order Form

To order copies of **Severe ME/CFS: A Guide to Living** either go online at [www.ayme.org.uk](http://www.ayme.org.uk) to purchase through Paypal or complete the order form below and send it with a cheque made payable to **AYME Ltd. to Severe ME/CFS: A Guide to Living, Association of Young People with ME, 10 Vermont Place, Tongwell, Milton Keynes, MK15 8JA**

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If you have any questions please just telephone the Association of Young People with ME (AYME) on **08451 23 23 89**.