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.

*For more comments on Severe ME/CFS: A Guide to Living see overleaf and 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… intensely 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 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.