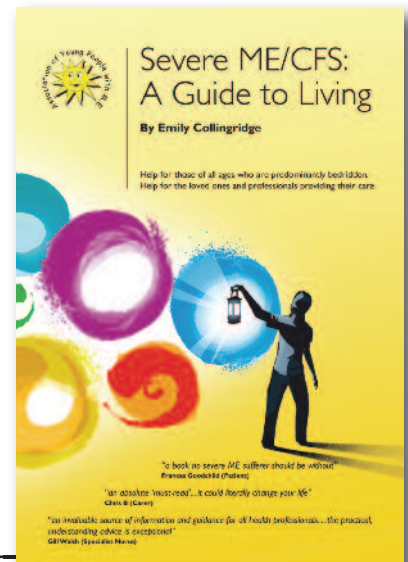


Severe ME/CFS: A Guide to Living

By **Emily Collingridge**

This essential reference book for all people with severe ME/Chronic Fatigue Syndrome and the loved ones and professionals caring for them is now available from the Association of Young People with ME.



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

“the book every patient with severe ME has been looking for” **Vikki George**, patient

“an absolute MUST read... it could literally change your life” **Chris B***, carer

“this guide has it all” **Liza-May Marshal**, patient
“the most comprehensive support document imaginable” **Christine Hudson**, carer

“a book no severe ME sufferer should be without” **Frances Goodchild**, patient

“a lifeline” **Sarah McLeod**, carer

“Finally everything you wanted to know about severe ME but were afraid to ask”
Tarsam Singh, patient**

- Written in consultation with over thirty individuals with ME, carers and professionals, it has been produced to improve the lives of all people struggling with severe ME, whatever their age.
- A4 in size, it provides over 130 jam packed pages covering every conceivable aspect of life with severe ME.
- Contains specific advice for carers, parents, partners, siblings, friends, doctors, nurses, occupational therapists, physiotherapists, dietitians, psychologists, speech language therapists, social workers and home tutors.
- Topics covered include symptom and activity management, personal care, tube feeding, mobility, communication, hospital admission, emotions, coping as a family, friendships and entertainment.
- Includes numerous medications, types of equipment and sources of help.
- 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.

*Chris has asked for her surname to be withheld to protect the privacy of her partner

For more comments on **Severe ME/CFS: A Guide to Living see overleaf and www.severeme.info

"At last, a book specifically about severe ME, for people with severe ME, written by someone who, having been a sufferer herself, has the inside dope on all the myriad of issues, emotions and urgencies involved. Collingridge has provided a necessary, effective, and generous guide that I can easily foresee becoming a crucial support tool in managing the illness and requisite reference for severe ME." **Tarsam Singh**, patient

"This guide to severe ME is a unique and fantastic resource. It is sensitively written and eminently practical and positive. How I wish we had had this book sooner...but for all those people out there still living with severe ME and their carers/friends/loved ones, all I can say is, better late than never! Buy yourself a copy of this guide (or indeed several copies); you won't regret it for a minute." **Chris B***, carer

"Every single patient with severe ME should be given a copy. No aspect of life with severe ME is ignored, making it a vital support tool for all. It is so comprehensive that, even after 14 years of illness, I have learnt and benefited from it. Understanding, practical and detailed this guide offers invaluable help that isn't available anywhere else." **Vikki George**, patient

"An excellent source of support and information for anyone who has a family member with severe ME"
Jenny Butler, sister of patient

"Never before has such extensive, understanding, empowering and detailed help been available for those with severe ME. If you have severe ME or are recovering from severe ME, you must buy this book - it will bring huge relief and reassurance." **Frances Goodchild**

"If someone you care about has severe ME, I strongly recommend this book." Lydia Loehr, friend of patient
"If I heard someone, anyone, had severe ME I'd buy this book for them myself. Patients, carers, doctors, nurses, teachers and social workers all need copies if patients are to get through this devastating level of ME."
Mary*, carer

*Chris and Mary asked for their surnames to be withheld to protect the identities of their loved ones.

Severe ME/CFS:A Guide to Living has also received extensive praise from professionals; to download a flier for professionals go to www.severeme.info



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**.