



Freedom from Fibromyalgia : The 5-Week Program Proven to Conquer Pain

Nancy Selfridge, Franklynn Peterson

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Free yourself from pain in just five weeks!

If you're one of the millions of people who suffer from fibromyalgia, you're all too familiar with the excruciating pain, overwhelming fatigue, and, in severe cases, total incapacitation that this disorder brings. Here at last, from a physician who specializes in treating fibromyalgia, is a clinically proven program that can free you from pain and other symptoms in as little as five weeks -- without drugs, supplements, or special diets.

Freedom from Fibromyalgia presents Dr. Selfridge's highly effective mind-body approach, organized in a step-by-step, week-by-week program anyone can follow:

- * Week 1: Plan to heal
- * Week 2: Show your brain and body who's boss
- * Week 3: Teach your brain and body to live with rage
- * Week 4: Time to start feeling really good again
- * Week 5: How to make freedom from fibromyalgia last

Filled with helpful examples and the voices of patients who have found freedom from fibromyalgia through Dr. Selfridge's program, this book will put you on the path to lasting healing.

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