

Fibromyalgia

Arthritis Foundation's guide to good living with fibromyalgia.
FB 515 A78 2001

Chronic fatigue, fibromyalgia & Lyme disease: an alternative medicine definitive guide / Burton Goldberg,
FB 515 G65 2004

Chronic fatigue syndrome, fibromyalgia, and other invisible illnesses / Katrina Berne.
FG 375 B47 2001

The feel-good guide to fibromyalgia & chronic fatigue syndrome: a comprehensive resource for recovery / Lynette Bassman.
FB 515 B39 2007

Fibromyalgia [DVD] / Carol Danning, Rheumatology. FB 515 D36d 2006

Fibromyalgia: the complete guide from medical experts and patients / Sharon Ostalecki. FB 515 O88 2007

Fibromyalgia: a natural approach / Christine Craggs-Hinton.
FB 515 C73 2004

Fibromyalgia: an essential guide for patients and their families / Daniel J. Wallace.
FB 515 W35 2003

Fibromyalgia & chronic myofascial pain: a survival manual / Devin Starlanyl.
FB 515 S72 2001

The fibromyalgia cookbook: more than 120 easy & delicious recipes / Shelley Smith.
FB 515 S65 2002

Fibromyalgia for dummies / Roland Staud.
FB 515 S74 2007

Fibromyalgia relief handbook / Chet Cunningham. FB 515 C86 2002

Fibromyalgia: simple relief through movement / Stacie L. Bigelow.
FB 515 B54 2000

The fibromyalgia story: medical authority and women's worlds of pain / Kristin K. Barker.
FB 515 B37 2005

The first year -- fibromyalgia: an essential guide for the newly diagnosed / Claudia Craig Marek. FB 515 M37 2003

Freedom from fibromyalgia: the 5-week program proven to conquer pain / Nancy Selfridge. FB 515 S45 2001

Good living with fibromyalgia / The Arthritis Foundation. FB 515 G66 2006

Living well with chronic fatigue syndrome and fibromyalgia: what your doctor doesn't tell you-- that you need to know / Mary J. Shomon.
FB 515 S56 2004

Parting the fog: the personal side of fibromyalgia/chronic fatigue syndrome / Sue Jones. FB 515 J66 2001

Reversing fibromyalgia: the whole-health approach to overcoming fibromyalgia through nutrition, exercise, supplements and other lifestyle factors / Joe M. Elrod.
FB 515 E57 2002

Taking charge of fibromyalgia: everything you need to know to manage fibromyalgia / Julie Kelly. FB 515 K45 2005

Water exercises for fibromyalgia: the gentle way to relax and reduce pain / Ann A. Rosenstein. FB 515 R67 2006

Women living with fibromyalgia / Mari Skelly.
FB 515 S54 2002

What your doctor may not tell you about fibromyalgia: the revolutionary treatment that can reverse the disease / R. Paul St. Amand.
FB 515 S73 2006

Web Sites

MedlinePlus – Fibromyalgia
<http://www.nlm.nih.gov/medlineplus/fibromyalgia.html>

What's in a name: Fibromyalgia vs. Chronic Fatigue Syndrome
http://www.arthritis.org/resources/news/news_fibro_cfs.asp

Fibromyalgia and Exercise
<http://familydoctor.org/061.xml>

Fibromyalgia
<http://www.mayoclinic.com/invoke.cfm?id=DS00079>

Books and Videos

The books and videos in this brochure are available for loan from the Gundersen Lutheran Health Resource Libraries. These resources are available to anyone seeking health information.

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Search the library catalog for additional books or videos, or submit an information request on the Health Resource Libraries Web site at: www.gundluth.org/libraries

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Avery R. Gundersen Center for Women, Health Resource Center

Monday
8:30 a.m. to 8:00 p.m.
Tuesday-Friday
8:30 a.m. to 5:00 p.m.

All Other Libraries

8:00 a.m. to 4:30 p.m.
Monday thru Friday

Gundersen Lutheran Health Resource Library Locations

**John & Nettie Mooney
Health Resource Center**
1st Floor, La Crosse Clinic
(608) 775-5995 or
(800) 362-9567 ext. 55995

Stanek Cancer Resource Library
2nd Floor, East Building
(608) 775-1186 or
(800) 362-9567 ext. 51186

**John & Nettie Mooney Health
Resource Center – East**
1st Floor, East Building
(608) 775-5512 or
(800) 362-9567 ext. 55512

**John & Nettie Mooney Health
Resource Center – Onalaska**
1st Floor, Onalaska Clinic
(608) 775-1665 or
(800) 362-9567 ext. 51665

**Avery R. Gundersen Center for
Women, Health Resource Center –
Onalaska**
4th Floor, Onalaska Clinic
(608) 775-1818 or
(800) 362-9567 ext. 51818

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