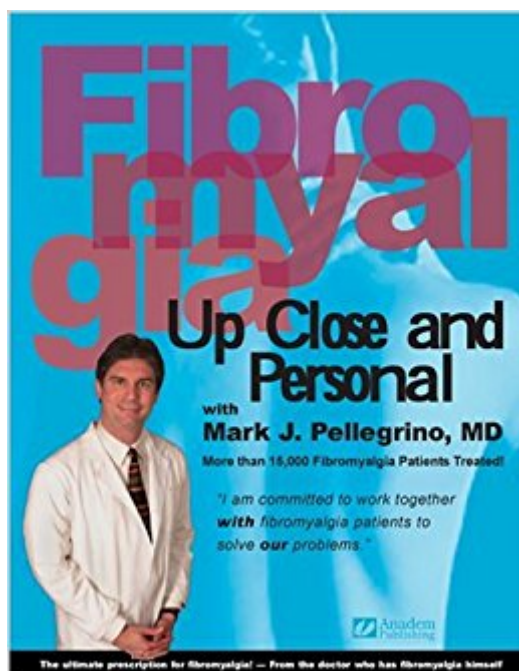


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# Fibromyalgia: Up Close & Personal



## Synopsis

Mark J. Pellegrino, MD has just completed *Fibromyalgia: Up Close and Personal*, his 10th book on fibromyalgia. He is one of the foremost writers and speakers on this disease which he has devoted his life to treating and which he himself has lived with since childhood. Dr. Pellegrino brings readers up-to-date with the newest drug and physical treatments for fibromyalgia. He also presents the latest thinking on diet and exercise to help people with this condition lead a full life. *Up Close and Personal* is packed with 43 chapters of inside medical information and hands-on practical advice for everyday living. Recognized by fibromyalgia sufferers for understanding what they are going through, Dr. Pellegrino is a welcoming and encouraging presence for everyone with this condition and this quality comes through very clearly in his writing. It's as if each person reading his book is having a private consultation with Dr. Pellegrino about their shared disease. In *Up Close and Personal* Dr. Pellegrino has enlisted two leading attorneys to bring readers much needed insight into disability and personal injury issues. Also, he asked a knowledgeable physician to contribute a chapter on the common problem of post-traumatic fibromyalgia caused by whiplash.

## Book Information

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## Customer Reviews

"A&#x85;must read for ALL healthcare professionals, attorneys, families, neighbors, co-workers of fibromyalgia patients and patients alike." -- Sue Alexander, FM support group leader, Sacramento, CA  
"Buy the book&#x97;it may be the only fibromyalgia book you will need&#x97;until he writes his next one!" -- Margy Squires, Editor, Health Points, Fountain Hills, AZ  
"Excellent source of information

for the physician, the patient and for those with an interest in fibromyalgia." -- James R. Ryba, M.D., Rheumatologist, Fountain Valley, CA "The information is very useful not only for patients but also for physicians interested in obtaining good information on fibromyalgia." -- Pedro Escobar, M.D., Physiatrist, Tucson, AZ "This book is not only reader-friendly, but also rich in content covering diagnosis, treatment and research on fibromyalgia;" -- Tamara K. Liller, President & Director of Publications, National Fibromyalgia Partnership, Inc.

The doctor who has fibromyalgia and specializes in treating this condition has completed his 10th book on fibromyalgia. Dr. Mark Pellegrino is one of the foremost writers and speakers on this disease which he has devoted his life to treating. Readers of *Up Close & Personal* achieve the ability to guide their own treatment and to develop coping skills to make the most of their lives. Over 15,000 fibromyalgia patients have entrusted their "well-being" to Dr. Pellegrino, and the same proven help and advice he gives his own patients can be found in this book.

I just ordered this book and can not wait to receive it. I have read all of Dr Pellegrino books in Fibromyalgia and have found them very helpful. He is a terrific physician and person. I know because I am one of his patients. After seeing 25-30 physicians I finally made an appointment with DR. P on advise of my primary care physician and neurologist. There was a review stating the book was filled with too many jokes, ETC. and she would NOT recommend to friends.... You need to do your research on DR Pellegrino... He knows what he is talking about. Not only does he treat several patients with Fibro but he and a few of his immediate family members also are DX'd with it. He is very informed. And a caring physician who uses humor and caring to help us with a most dastardly syndrome deal with all the ups and downs...

I have Fibromyalgia and a friend of mine that also has it recommended this book to me. It offers so many explanations for all the symptoms I have. I am under the care of a Neurologist for Fibro so I know I definitely have it, but this book makes you feel that what is going on with your body is real and not just in your mind. I would recommend this book for anyone with Fibromyalgia, the Dr. that wrote the book also has Fibro so he understands what you are going through.

This book is good for a research paper. It helped that I knew about the book and was able to order it in a timely fashion. (the book I did receive was water damaged and smelled of smoke... ) Dr. Pellegrino is a great doctor if you are in the Akron area of Ohio.. and if your insurance covers him!

Mark Pellegrino is my fibromyalgia doctor, so I can say first-hand that he knows everything there is to know about this misunderstood condition. His book is an encyclopedia of information, written by someone who both treats FM and has it himself.

Great book. Nice to read with the author having fibro himself.

Book has marker writing all over the place

Very informative, and a must read for those with fibromyalgia.

Excellent, Excellent, Excellent!!!! This book covered EVERYTHING! I learned so much about my fibro....I highly recommend this book to anyone suffering with fibro, to chiropractors or doctors who deal with patients with fibro, to family members who want to understand what a loved one is going through.

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Fibromyalgia and Chronic Fatigue Syndrome: a step-by-step program proven to help you get well again! Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library)

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