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Quality Of Life**

**By Miryam E. Williamson**

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<http://forums.prohealth.com/forums/index.php?threads/guaifenesin-new-treatment.173910/>

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<http://rheum.med.ufl.edu/patient-resources/fibromyalgia/fibromyalgia-books/>

Jan 06, 2014 Speaking Live this morning about how to use conscious awareness to keep the body's fight/flight response calm, even in stressful situations. Examples from

<http://www.youtube.com/watch?v=wou7Q2L3WsU>

A new fibromyalgia book entitled Healing through Trigger Point Therapy: A Guide to Fibromyalgia, Myofascial Pain and Dysfunction will be released in August 2013.

<http://naturalhealthnewsdaily.com/best-fibromyalgia-books-for-2013/>

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Miryam Ehrlich Williamson is the author of The Fibromyalgia Relief Book (3.29 avg rating, 31 ratings, 5 reviews, published 1998), Fibromyalgia (3.47 avg [http://www.goodreads.com/author/show/73119.Miryam\\_Ehrlich\\_Williamson](http://www.goodreads.com/author/show/73119.Miryam_Ehrlich_Williamson)

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FIBROMYALGIA RELIEF BOOK: 213 Ideas For Improving Your Quality Of Life. by Williamson, Miryam. Price: \$14.95. Written entirely for those with fibromyalgia, <http://www.insight-books.com/FBRM>

Fibromyalgia is a condition Symptomatic improvement was not restricted to pain relief and was most The Journal of Family Practice [1999, 48(3):213-218 <http://www.healthcmi.com/Acupuncture-Continuing-Education-News/1402-acupuncture-soothes-fibromyalgia-and-helps-sleep>

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