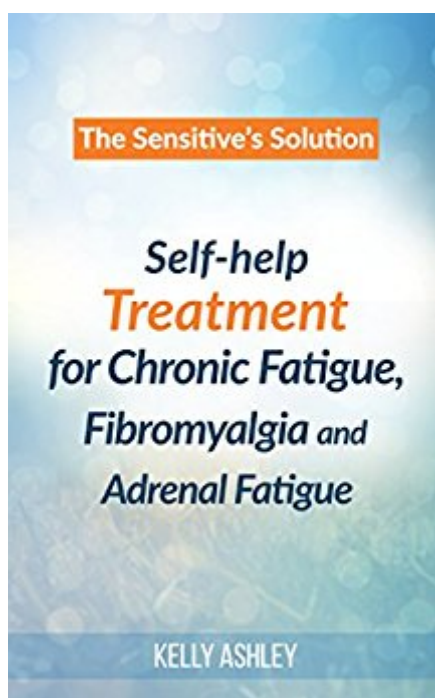


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# Self-help Treatment For Chronic Fatigue Syndrome, M.E, Fibromyalgia And Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue)



## Synopsis

A Natural Self- Help Treatment Guide For Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue with FREE Support Group'I highly recommend this book to any sensitive person who is looking to make positive changes in their health and life.'Do you desperately want to live a normal, healthy life, but your body just won't cooperate? Have you already tried other solutions and treatments but nothing has worked?This book is a step by step treatment program for anyone suffering from symptoms of Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue. This recovery plan could help you stop symptoms, bring relief and heal your body in a gentle but effective way. It also comes with a FREE support group to assist your journey and ensure success.This book could be right for you if:You have Chronic Fatigue Syndrome, M.E, Fibromyalgia or Adrenal FatigueYou are a highly sensitive person/ gentle or emotional individualYou have already tried other treatments and solutions but nothing has workedYou are open to the notion that your symptoms might really be loud messages from your bodyYou're ready to listen to your highly sensitive body (with my guidance) and try a new, gentle and compassionate approachYou'd benefit from the online support, guidance and friendship of other people who can understand what you're going throughThis book will teach you how to:Manage your symptoms and recoverUse simple and effective techniques to create permanent health and wellnessDiscover and resolve the initial trigger of your condition to safeguard form its returnEmbark on a journey of deep healing, personal growth and emotional expression with gentleness and understandingHow to use your natural gift of sensitivity and discover your life purposeBuild a life full of vibrancy and purpose to enjoyable integrate back intoI'm deeply passionate about helping people like you to recover because I was once exactly where you are now. The technique in this book cured me of a three year long battle with Chronic Fatigue Syndrome. It is my own experience of full and lasting recovery (as a highly sensitive person) which has made healing this community so important to me. I have treated clients with the same technique in my clinic for 8 years, with impressive and permanent results. I've sought out the truth that underlies these conditions and created an effective self-applied healing program that you can complete easily and at a pace that suits you. I know what its like to be sensitive. I know how it feels to be totally overwhelmed by your emotions, or how criticism or hurtful comments can stay with you for days. I know what it's like to get easily startled by loud noises or to feel burnt out by chaotic environments. I know how hard it is for you to say 'no'. I know that you are naturally gentle and caring - so much so that you often put others needs or feelings before your own.I know it's been a long road, but if I can do it, you can too. Let me show you how. 'Kelly, today is the first day in a very long time that I have been able to go for a walk with my dogs. A small step for others, a

milestone for me. Thank you so much.'Lynne S - Lanarkshire'After CFS symptoms spanning 15 years, I really thought it was hopeless for me. When the steps began to bring relief, I almost didn't want to believe it. It is early days, but there is definitely light at the end of the tunnel.'Sophie M - WrexhamKick start your healing - click 'buy' & begin the program now or click 'Look Inside' to sample the book for freeWould you prefer a treatment plan with a healing technique that you can easily perform by yourself to treat physical symptoms? Check out my other Kindle book 'EFT Tapping for Chronic Fatigue Syndrome, M.E and Adrenal Fatigue'.

## **Book Information**

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## **Customer Reviews**

First of all I must say that I am impressed by Kelly's courage. Her own experience of Chronic Fatigue Syndrome has made her create this program. She has done great deal of research on the subject and it is clearly displayed here. I am grateful for her writing the book and including her own story here as well. It provides a great deal of inspiration for every one. This book provides a simple but effective approach to getting well, and its comforting to know there is a group for continued support. Great idea.

Everything is explained in a comprehensive and insightful manner while still being easy to read and understand due to how concise and straightforward the author writers. What I admire most about this read is that it offers a unique approach that is truly practical as well as being structured and built upon a strong foundation of facts and logic. I personally found the steps to be very easy to follow and, most importantly, noticed positive benefits even early on. I highly recommend the read and I only wish I had access to the method sooner.

Self help Treatment for Chronic Fatigue, Fibromyalgia and Adrenal Fatigue by Kelly Ashley is a wonderful book. I have read a lot of self-help books and this book really engaged me as a reader. I love the way it is written in a very gentle and easy to read way. I found myself relating to the concepts in the book in such a way that it felt like the book was written just for me. I feel that the book is a perfect mix of the authors own healing experience, helpful information on how to recover as a sensitive person and activities the reader can do on their own. I highly recommend this book to any sensitive person who is looking to make positive changes in their health and life. I will be re-reading and working with this book for some time to come. Thank you!

This book has taught me more about myself than any book I have ever read to date. I would NEVER have seen the link between my sensitivity and 'empathic' nature and CFS, but this book explains it all. After years of self criticism and shame over my ill health and sensitivity, I finally know enough to move forward. I would encourage anyone with CFS to grab this book with both hands. It is worth every penny!

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