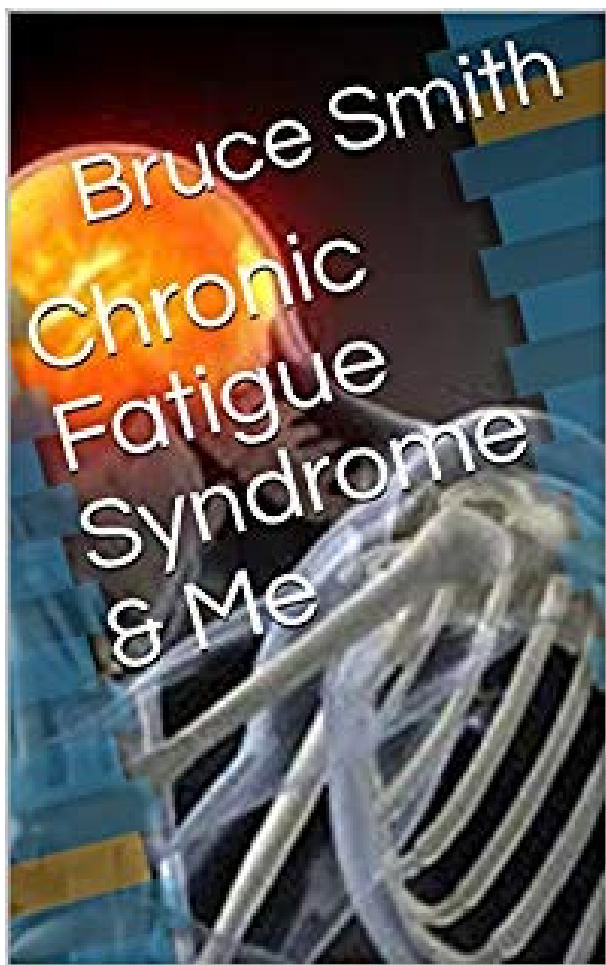


# Chronic Fatigue Syndrome & Me



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People do not realize how serious Chronic Fatigue Syndrome is. CFS can and is a debilitating illness. I have it and it is more than just being tired all day. I write about my experiences and how I get by each day. I have to tell you the truth some days are harder than others.

I started out with CFS in 1990 and now today I still suffer from it. I have to admit it is not as nearly as bad as it was back then. I did a lot of research over the years not only to help myself but to help others. I hope my book helps you out. Living with Chronic Fatigue Syndrome can be hard at times. I have my good days and bad days. I just thank God for the good days I have.