

REFERENCE/RECOMMENDED READING

- **Fighting Fatigue. A practical guide to managing the symptoms of CFS/ME.** Sue Pemberton and Catherine Berry. 2009. Hammersmith Press London. UK. ISBN 978-1-905140-28-2
- **Coping with Chronic Fatigue.** Chalder, T. (1995) London: Sheldon Press.
- **Overcoming Chronic Fatigue.** M.Burgess. T.Chalder. (2005). London: Constable and Robinson LTD.
- **CFS/ME Working Group Report to the Chief Medical Officer. January 2002.**
Department of Health
- **About ME.** Action for ME website. Free download.
- **Managing your Pain before it Manages You.** Caudill, M (2002). New York: The Guildhall Press.
- **The Anxiety and Phobia Workbook.** Bourne, E.J. (1995). Oakland, CA: New Harbinger Publications.
- **How to Master Anxiety.** Joe Griffin and Ivan Tyrrell. (2007) HG Publishing
- **Boundless Energy.** The Complete Mind-body Programme for Overcoming Chronic Fatigue. Chopra, D. (2001). UK: Rider Press.
- **Mind over Mood.** Changing how you feel by changing how you think. Greenberger, D & Padesky, C. (1995). New York: The Guildford Press.
- **Full Catastrophe Living. How to cope with Stress, Pain and Illness using Mindfulness Meditation.** Kabat-Zinn, J. (2001) London: Judy Piatkus Ltd.
- **Mindfulness for Beginners** – Jon Kabat – Zinn
- **A Mindfulness Guide for the Frazzled** – Ruby Wax

Mindfulness Resources

The following Apps are available, which some patients have reported are helpful:

- Headspace
- The Art of being Human – Reuben Lowe
- The Honest Guys - YouTube
- The Calm Mindfulness App
- NHS Mindfulness App
- Mindhero App
- Buddhify App
- Insight Timer
- Aurahealth
- Omvana
- Stop, Breathe and Think App