

FIBRO WARRIOR RESOURCE GUIDE

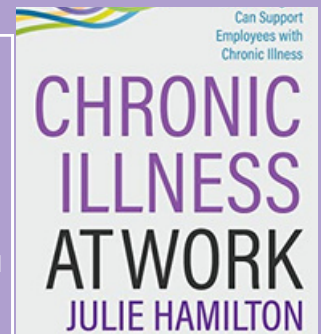
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**all images are hyperlinked to the respective website

• BOOKS AND PODCASTS

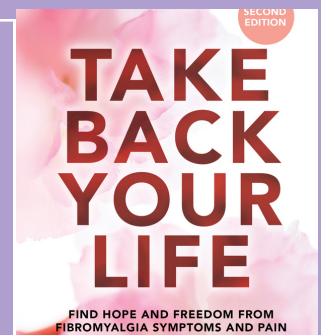
CHRONIC ILLNESS AT WORK

AFTER HER DIAGNOSIS OF AND THIRTEEN-YEAR STRUGGLE WITH FIBROMYALGIA, CERTIFIED FIBROMYALGIA COACH® JULIE HAMILTON KNOWS WHAT IT IS LIKE TO STRUGGLE WITH CHRONIC PAIN AND BRAIN FOG. WITH MORE THAN TWENTY YEARS OF HR EXPERIENCE, SHE DESCRIBES IN THIS CONCISE, AND EASY-TO-UNDERSTAND GUIDE FOR SUPPORTING EMPLOYEES WITH HEALTH ISSUES. CREATING A CULTURE OF INCLUSION DOESN'T HAVE TO BE COMPLICATED, OR EXPENSIVE.



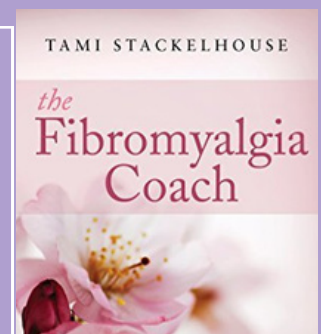
TAKE BACK YOUR LIFE: FIND HOPE AND FREEDOM FROM FIBROMYALGIA SYMPTOMS AND PAIN

THIS BOOK IS A PAGE-BY-PAGE SURVIVAL GUIDE FOR THE ACTION-ORIENTED FIBROMYALGIA PATIENT WHO WANTS TO FEEL BETTER AS QUICKLY AS POSSIBLE. IT'S WRITTEN FOR THE PATIENT OVERWHELMED WITH A NEW FIBROMYALGIA DIAGNOSIS AND FOR THE FIBRO-VETERAN WHO IS STUCK AND NEEDING NEW IDEAS. TO DOWNLOAD A FREE COPY, VISIT TAKEBACKYOURLIFEBOOK.COM.



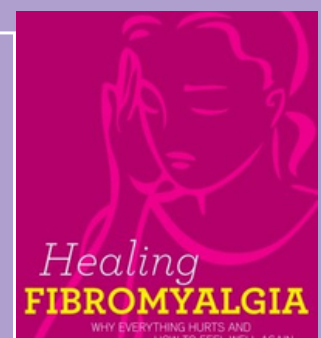
THE FIBROMYALGIA COACH: FEEL BETTER, CHANGE LIVES, AND FIND THE BEST JOB EVER

TAMI STACKELHOUSE TELLS THE STORY OF HER SEARCH FOR THE PERFECT CAREER. A FIBROMYALGIA PATIENT HERSELF, SHE CREDITS BECOMING A FIBROMYALGIA COACH WITH HELPING HER STAY FOCUSED ON FEELING BETTER WHEN IT WOULD HAVE BEEN EASY TO GIVE UP. SHE SAYS, "HEALING IS A FULL-TIME JOB." DOWNLOAD YOUR FREE COPY AT FIBROCOACHBOOK.COM.



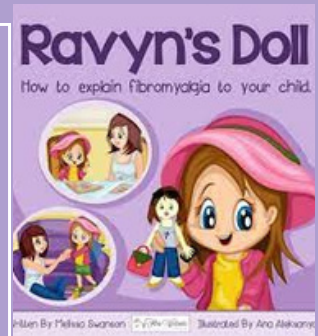
HEALING FIBROMYALGIA: WHY EVERYTHING HURTS AND HOW TO FEEL WELL AGAIN

IN CLEAR, REASSURING LANGUAGE, DR E EXPLAINS HOW WITH FIBRO YOUR WHOLE SELF--THE MIND AND BODY TOTALITY THAT MAKES YOU YOU--IS UNDER PROTECTIVE SIEGE, YOUR BODY TRYING DESPERATELY TO GUARD ITSELF FROM THE ASSAULT OF MULTIPLE SOURCES OF STRESS.



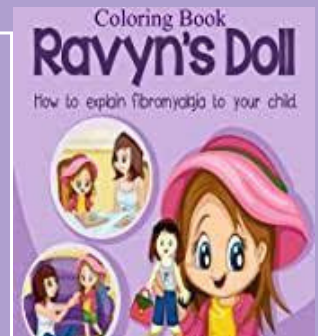
RAVYN'S DOLL: HOW TO EXPLAIN FIBROMYALGIA TO YOUR CHILD

RAVYN'S DOLL IS A SIMPLE AND EFFECTIVE WAY TO EXPLAIN FIBROMYALGIA TO YOUR CHILD. IN A WAY THAT IS UNDERSTANDABLE TO CHILDREN. IT SHOWS THAT NOT ALL ILLNESSES ARE VISIBLE AND EXPLAINS HOW LIVING WITH AN INVISIBLE ILLNESS AFFECTS FAMILIES' DAILY LIVES.



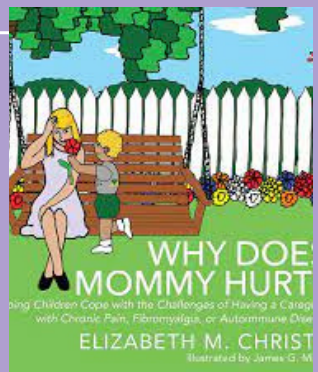
RAVYN'S DOLL COLORING BOOK

RAVYN'S DOLL DESCRIBES AND ILLUSTRATES WHY MOM OR DAD CAN'T DO THE THINGS THEY USED TO DO — THINGS THAT OTHER MOMS, DADS OR OTHER FAMILY MEMBERS CAN DO. COLOR IN HER STORY!



WHY DOES MOMMY HURT? HELPING CHILDREN COPE WITH THE CHALLENGES OF HAVING A CAREGIVER WITH CHRONIC PAIN, FIBROMYALGIA, OR AUTOIMMUNE DISEASE

THIS IS A DELIGHTFUL STORY TOLD BY A YOUNG BOY LEARNING TO UNDERSTAND AND COPE WITH HIS MOTHER'S ILLNESS. THE STORY CREATES NATURAL OPPORTUNITIES FOR FAMILIES TO TALK ABOUT BOTH THE SYMPTOMS OF CHRONIC ILLNESS, AND HOW THEY AFFECT FAMILY LIFE.



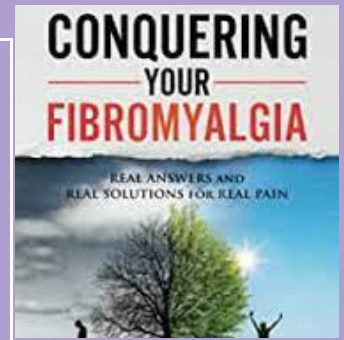
FIBROMYALGIA PODCAST

THE FIBROMYALGIA PODCAST IS DESIGNED TO ENCOURAGE HOPE AND EDUCATE YOU ON WAYS YOU CAN IMPROVE YOUR FIBROMYALGIA SYMPTOMS. TAMI SHARES TIPS AND TOOLS THAT HAVE HELPED HER GO FROM DISABLED TO THRIVING.



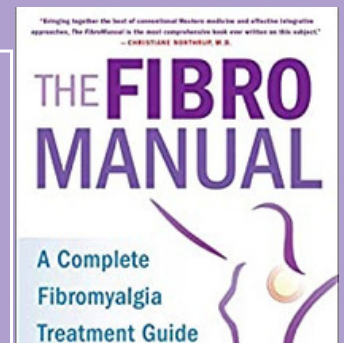
CONQUERING YOUR FIBROMYALGIA PODCAST

DR. LENZ RECOGNIZES THAT THERE IS NOT ONE SIMPLE CURE FOR FIBROMYALGIA BUT OFFERS A MULTIFACETED APPROACH TO HELP THOSE LIVE AND FEEL THEIR BEST BY BLENDING THE BEST OF MEDICAL MANAGEMENT AND LIFESTYLE MEDICINE, STARTING WITH EDUCATION. YOU CAN LEARN MORE BY VISITING WWW.CONQUERINGYOURFIBROMYALGIA.COM.



THE FIBROMANUAL: A COMPLETE FIBROMYALGIA TREATMENT GUIDE FOR YOU AND YOUR DOCTOR

THROUGH SCIENCE-BACKED MEDITATION AND MINDFULNESS TOOLS, HEADSPACE HELPS YOU CREATE LIFE-CHANGING HABITS TO SUPPORT YOUR MENTAL HEALTH AND FIND A HEALTHIER, HAPPIER YOU.



DR. TALKS PRESENTS: FREEDOM FROM FIBROMYALGIA SUMMIT (VIDEO ARCHIVE)

THE FREEDOM FROM FIBROMYALGIA SUMMIT, BROUGHT TO US BY DRTALKS, IS AN ONLINE, 7-DAY SUMMIT DURING WHICH ATTENDEES AND VIEWERS CAN SEE A COMPLETE PICTURE OF FIBROMYALGIA PORTRAYED BY MANY HEALTH SPECIALISTS.



• DIGITAL RESOURCES

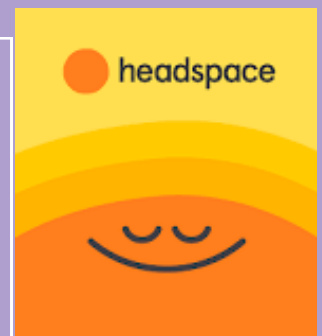
CALM

TAMARA LEVITT IS HEAD OF MINDFULNESS AT CALM, WHERE SHE WRITES, PRODUCES AND INSTRUCTS CALM'S MEDITATION AND MINDFULNESS PROGRAMMING. IT PRODUCES MEDITATION PRODUCTS, INCLUDING GUIDED MEDITATIONS AND SLEEP STORIES ON ITS SUBSCRIPTION-BASED APP.



HEADSPACE

THROUGH SCIENCE-BACKED MEDITATION AND MINDFULNESS TOOLS, HEADSPACE HELPS YOU CREATE LIFE-CHANGING HABITS TO SUPPORT YOUR MENTAL HEALTH AND FIND A HEALTHIER, HAPPIER YOU.



FIND A FIBRO COACH

WE UNDERSTAND WHAT YOU ARE GOING THROUGH EVERY DAY AND CAN GIVE YOU GUIDANCE FROM OUR OWN EXPERIENCE. WHEN WORKING WITH A CERTIFIED FIBROMYALGIA COACH® THROUGH THE INTERNATIONAL FIBROMYALGIA COACHING INSTITUTE'S TRAINING PROGRAMS. SCHEDULE A CONSULTATION WITH ONE OF OUR COACHES ONLINE AT [FINDAFIBROCOACH.COM](https://findafibrocoach.com).



THE MELT METHOD

MELT METHOD IS A GENTLE SELF-CARE TECHNIQUE THAT ENHANCES MOBILITY, STABILITY, AND PERFORMANCE AND IS CLINICALLY PROVEN TO REDUCE CHRONIC PAIN WHILE RESTORING OVERALL WELL BEING.



NEW YORK COLLEGE OF TRADITIONAL CHINESE MEDICINE

NEW YORK COLLEGE OF TRADITIONAL CHINESE MEDICINE TEACHES ACUPUNCTURE AND HERBAL MEDICINE MUCH AS THEY ARE TAUGHT IN CHINA, WHILE HELPING STUDENTS RELATE THIS APPROACH TO THE CONTEMPORARY WESTERN HEALTHCARE SYSTEM.



DR. GINEVRA'S YOUTUBE CHANNEL

PIONEER IN TREATMENT OF FIBROMYALGIA THAT IS BOTH EVIDENCE-BASED AND INTEGRATIVE, AUTHOR OF THE FIBROMANUAL: A COMPLETE FIBROMYALGIA TREATMENT GUIDE FOR YOU AND YOUR DOCTOR, AND THE FIBRO FOOD FORMULA. FOLLOW ALONG ON VIDEO RESOURCES ABOUT FIBROMYALGIA.



UNREST FILM

JENNIFER BREA IS ABOUT TO MARRY THE LOVE OF HER LIFE WHEN SHE'S STRUCK DOWN BY A FEVER THAT LEAVES HER BEDRIDDEN. WHEN DOCTORS TELL HER "IT'S ALL IN HER HEAD," SHE TURNS HER CAMERA ON HERSELF AND HER COMMUNITY AS SHE LOOKS FOR ANSWERS AND FIGHTS FOR A CURE.



ZERO TO HERO WORKOUT

ZERO TO HERO IS A ONE HUNDRED PERCENT ONLINE WORKOUT PROGRAM. THIS PROGRAM IS SPECIFICALLY FOR PEOPLE WHO HAVE RECEIVED A CHRONIC ILLNESS DIAGNOSIS AND WHO HAVE BEEN TOLD THAT EXERCISE WOULD BE HELPFUL IN MANAGING THEIR SYMPTOMS AND INCREASING THEIR ENERGY LEVEL.



YOUR FIBRO DOCTOR - MEDIA CENTER

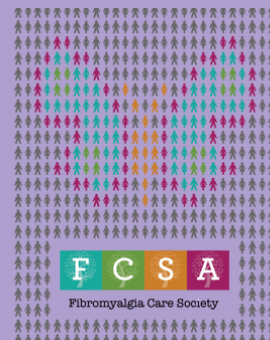
HERE YOU WILL FIND SEVERAL TABS OF CONTENT, CONTAINING DIFFERENT VIDEO SERIES THAT DR. ROGER MURPHREE HAS PUT TOGETHER FOR EDUCATING PEOPLE ON FIBROMYALGIA – HOW TO UNDERSTAND IT, SUPPORT PEOPLE SUFFERING WITH IT, EXPLAIN IT, AND MOST IMPORTANTLY OVERCOME IT!



• NON-PROFITS

FIBROMYALGIA CARE SOCIETY OF AMERICA

THE MISSION OF THE FIBROMYALGIA CARE SOCIETY OF AMERICA (FCSA) IS TO PROVIDE EDUCATION, CARE, AND SUPPORTIVE SERVICES TO INDIVIDUALS LIVING WITH FIBROMYALGIA, THEIR FAMILIES, AND THE COMMUNITY. FCSA WILL ALSO WORK TO EDUCATE MEDICAL PROVIDERS ON THE APPROPRIATE DIAGNOSTIC, CARE, AND TREATMENT OF THOSE LIVING WITH THIS CONDITION.



OPEN MEDICINE FOUNDATION

OPEN MEDICINE FOUNDATION (OMF) ENVISIONS IMPROVED HEALTH CARE FOR PATIENTS SUFFERING FROM MULTISYSTEM CHRONIC, COMPLEX DISEASES WITH COLLABORATION BETWEEN PATIENTS, CLINICIANS, AND RESEARCHERS.



SUPPORT FIBROMYALGIA NETWORK

WE ARE A PATIENT-CENTERED NATIONAL NONPROFIT ORGANIZATION DEDICATED TO EDUCATING AND INSPIRING THE FIBROMYALGIA COMMUNITY. THE SUPPORT FIBROMYALGIA NETWORK IS BUILT BY A GROUP OF PATIENTS TO FOSTER COLLABORATIVE RELATIONSHIPS WITH THE PATIENT COMMUNITY, PROVIDERS, AND RESEARCHERS.



THE MIGHTY

THE MIGHTY IS A FREE ONLINE HEALTH COMMUNITY WHERE YOU CAN DISCOVER STORIES, ADVICE, AND RESOURCES MADE BY AND FOR PEOPLE LIKE YOU. THE INVISIBLE TEAM KNOWS HOW HARD IT CAN BE TO GO THROUGH ANYTHING WITHOUT A COMMUNITY.

