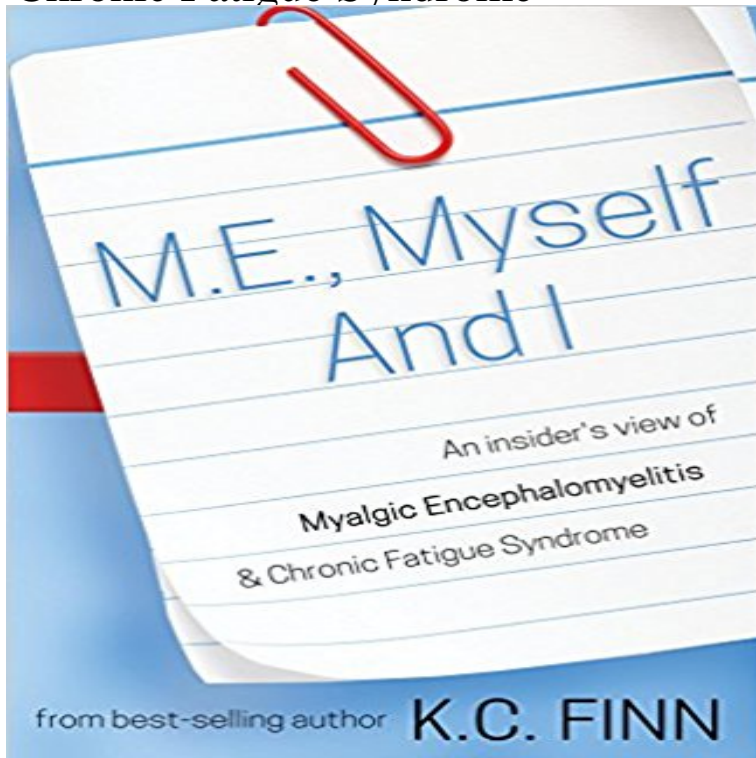


M.E., Myself and I: An insiders view of Myalgic Encephalomyelitis & Chronic Fatigue Syndrome



What this book IS NOT: This is not a book about how to cure M.E. This is not a volume of factual medical information on the condition This is not a magical success story from chronic illness to perfect health
What this book IS: This is the honest account of a young woman who has suffered with M.E. / C.F.S. for almost half her life. This is what its really like to live with a long term illness that casts a shadow over every minute of your day. Novelist K.C. Finn turns her hand to non-fiction in this account of her life as an M.E. sufferer, covering thirty topics from diagnosis and medication to sleep, relationships, pain and depression. It offers a unique and extremely personal insight into the struggles and experiences she has encountered in the last twelve years. This book is an opportunity for non-sufferers to experience exactly how it feels to live with this crippling condition and to show fellow M.E. patients that they are not alone. This book opens the door to my thoughts and feelings. Its not always pretty and its not always pleasant, but it is honest, and it comes from a place of hope. K.C. Finn

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