

## Web Sites

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### Fibromyalgia

(National Library of Medicine)

<https://medlineplus.gov/fibromyalgia.html>

### Fibromyalgia

(Arthritis Foundation)

<http://www.arthritis.org/about-arthritis/types/fibromyalgia/>

### Fibromyalgia

(Mayo Clinic)

<https://www.mayoclinic.org/diseases-conditions/fibromyalgia/symptoms-causes/syc-20354780>

### Live a Full Life with Fibro

(American Osteopathic Association)

<https://osteopathic.org/>

### Living with Fibromyalgia, Drugs Approved to Manage Pain

(Food and Drug Administration)

<https://www.fda.gov/forconsumers/consumerupdates/ucm107802.htm>

## Library Materials

- Renew for 4 weeks, unless needed by another library user
- Receive information by e-mail or mail
- At no cost to you

## Contact Us

Call (608) 775-5995 or  
(800) 362-9567, ext. 55995

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[gundersenhealth.org/libraries](http://gundersenhealth.org/libraries)

Email:

[mooneylibrary@gundersenhealth.org](mailto:mooneylibrary@gundersenhealth.org)

John & Nettie Mooney Library –  
La Crosse, Level 1, Lobby

John & Nettie Mooney Library – East,  
With the Stanek Cancer Library  
Level 2, East Building

# Fibromyalgia Resources

## John & Nettie Mooney Libraries

April 2019

Gundersen Lutheran Medical Center, Inc.  
Gundersen Clinic, Ltd.  
Gundersen Boscobel Area Hospital and Clinics  
Gundersen Moundview Hospital and Clinics  
Gundersen Palmer Lutheran Hospital and Clinics  
Gundersen St. Joseph's Hospital and Clinics  
Gundersen Tri-County Hospital and Clinics

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## Books

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### **Fibromyalgia materials have call numbers from FB 540 to FB 549.**

100 questions & answers about fibromyalgia / Sharon Ostalecki. (2010)

The arthritis helpbook: a tested self-management program for coping with arthritis and fibromyalgia / Kate Lorig (2006)

The autoimmune solution cookbook: over 150 delicious recipes to prevent and reverse the full spectrum of inflammatory symptoms and disease / Amy Myers (2018)

The autoimmune solution: prevent and reverse the full spectrum of inflammatory symptoms and diseases / Amy Myers (2015)

Chronic fatigue syndrome and fibromyalgia: from F.I.N.E. (frustrated, irritated, nauseated, exhausted) to feeling better / Nancy Fowler. (2010)

Exercises for fibromyalgia: the complete exercise guide for managing and lessening fibromyalgia symptoms / William Smith. (2013)

Fatigue and fibromyalgia solution: the essential guide to overcoming chronic fatigue and fibromyalgia, made easy! / Jacob Teitelbaum, M.D. (2013)

The feel-good guide to fibromyalgia & chronic fatigue syndrome: a comprehensive resource for recovery / Lynette Bassman. (2007)

The fibromanual: a complete fibromyalgia treatment guide for you and your doctor / Ginevra Liptan (2016)

Fibromyalgia for dummies / Roland Staud. (2007)

The fibromyalgia relief book: 213 ideas for improving your quality of life / Miryam Ehrlich Williamson (1998)

Figuring out fibromyalgia: current science and the most effective treatments / Ginevra Liptan. (2011)

Foods that fight fibromyalgia: nutrient-packed meals that increase energy, ease pain, and move you towards recovery / Deirdre Rawlings. (2012)

Healing through trigger point therapy: a guide to fibromyalgia, myofascial pain, and dysfunction / Devin Starlanyl. (2013)

Integrative therapies for fibromyalgia, chronic fatigue syndrome, and myofascial pain: the mind-body connection / Celeste Cooper. (2010)

Making sense of fibromyalgia / Daniel Wallace. (2014)

Take back your pain: find hope and freedom from fibromyalgia symptoms and pain / Tami Stackelhouse (2015)

Understanding fibromyalgia: an introduction for patients and caregivers / Naheed Ali (2016)

## DVDs

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Living with fibromyalgia / Trillusion Media. (2006)

Sit and be fit. Fibromyalgia workout (2005)