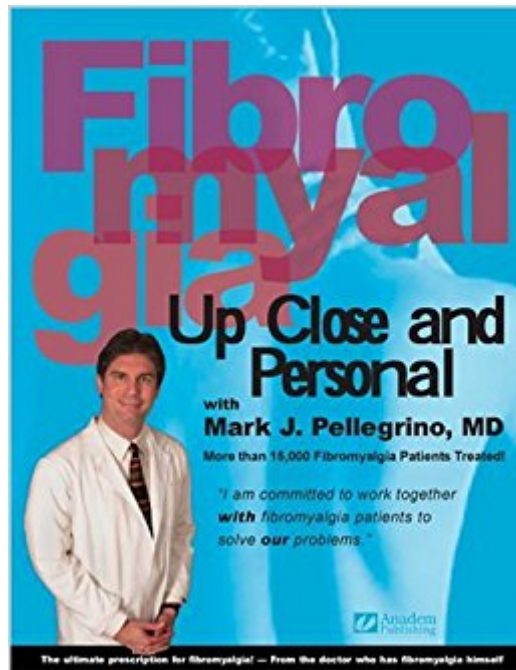




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Fibromyalgia: Up Close & Personal



Synopsis

Mark J. Pellegrino, MD has just completed *Fibromyalgia: Up Close Personal*, his 10th book on fibromyalgia. He is one of the foremost writers and speakers on this disease which he has devoted his life to treating and which he himself has lived with since childhood. Dr. Pellegrino brings readers up-to-date with the newest drug and physical treatments for fibromyalgia. He also presents the latest thinking on diet and exercise to help people with this condition lead a full life. *Up Close Personal* is packed with 43 chapters of inside medical information and hands-on practical advice for everyday living. Recognized by fibromyalgia sufferers for understanding what they are going through, Dr. Pellegrino is a welcoming and encouraging presence for everyone with this condition and this quality comes through very clearly in his writing. It's as if each person reading his book is having a private consultation with Dr. Pellegrino about their shared disease. In *Up Close Personal* Dr. Pellegrino has enlisted two leading attorneys to bring readers much needed insight into disability and personal injury issues. Also, he asked a knowledgeable physician to contribute a chapter on the common problem of post-traumatic fibromyalgia caused by whiplash.

Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (20 customer reviews)

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Customer Reviews

To say that Dr. Mark Pellegrino has done it again is quite the understatement. At first glance, you may be a bit overwhelmed but don't let the size of *Up Close and Personal* intimidate you. While it's not a weekend read-I tried that for my review - the 400 plus pages are worth their weight in gold even if you risk a fibro-flare carrying it home from the bookstore! It's a reference book that mixes a

blend of fibromyalgia history, diagnosis, therapy, research and legalese with a twist of Dr. Pellegrino's unique sense of humor. Dr. Pellegrino puts it best in his own words, "My approach has been to help all patients deal with their symptoms, first by helping them understand fibromyalgia, and second to encourage them to use successful strategies to become a fibromyalgia survivor". Author of several other fibromyalgia books and a physician with a clinical practice experience of more than 15,000 patients, he's more than qualified to share his opinion. Still, you may be asking why you would need another fibromyalgia book. After all, is there really anything new to write about? For the newly diagnosed, this book is an easy to understand reference. For the seasoned, it's updated to include the latest in fibromyalgia research including chiari malformation, nutrition and the legal aspects of post-traumatic fibromyalgia, updates gleaned in the three years since his last book, Inside Fibromyalgia. While 400 pages may seem daunting, the book is divided into six sections, with 6-8 chapters in each section, which helps the reader break down and absorb the well-presented information. In addition, exclamation points on certain pages draw your attention to helpful bite-sized facts.

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