



# Fibromyalgia: Living a Life of Blessing and Hope

*Shannon Sonneveldt*

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## **Fibromyalgia: Living a Life of Blessing and Hope** Shannon Sonneveldt **Reviews**

This book gave me such encouragement and more insight into fibromyalgia. It is a help to know that others are going through the same things I am. I am not alone. And the encouraging words have me the boost I needed. - *Jennifer, Amazon Review*

Awesome!!! Really helped me in so many ways. I keep it by my purse to go with me to help others in doctors office etc. I really like all the resources and joined the online support group. Best of all I have spoken with the author. She is terrific. - *sheryh425, Amazon Review*

I suffer from Fibromyalgia, and have found this book helpful. When you suffer pain everyday, some days bad, some days a little better, it makes you feel isolated and old and at times you wonder if life is worth living. One book every Fibromyalgia sufferer AND THEIR FAMILIES should read. - *Maggie, Amazon Review*

It is a book very well documented it give hope to people with fibromyalgia and is ample enough to cover a different conditions. - *Freddy Guillermo Jimenez, Amazon Review*

### **Book Overview**

Imagine living in a pain beyond description, unable to do the simplest tasks that you have been doing your entire life, unable to sleep, and dealing with sensory overload (every noise is too loud, light too bright and smell too strong). All this with people telling you that you're fine, it's all in your head, just suck it up and move on. Imagine how you would cope with the pain and other symptoms with no support from friends, family or the medical community.

This is what many diagnosed with Fibromyalgia experience every day. Fibromyalgia takes a toll physically, emotionally and relationally. Millions of people have been diagnosed with Fibromyalgia; these Fibromyalgians must navigate the pain and myriad of other symptoms often with little support. No Fibromyalgian should feel like they are in this alone, there are millions of us and we can provide each other with support, encouragement and advice. Through each other and with the help of Christ, we can all make our way through the dark tunnel of pain into a new life of blessing and hope.

### ***Within these pages you will find:***

- - Basic information and details about Fibromyalgia
  - Recent research and advancements in the diagnosis and treatment of Fibromyalgia
  - Stories (mine and others) of those who have navigated the journey and found a life of blessing and hope after the diagnosis
  - Action steps (treatment options) to take to create a new life plan that will lead you to a life of blessing and hope
  - Tips on what fellow Fibromyalgians have found useful in their journey
  - Links to educational and support resources

*If you have Fibromyalgia*, you are not alone. Others share your experiences and there are many places to find support and encouragement. Many have found a different but better life on the other side of the diagnosis

*If you are the family or friend of a Fibromyalgian*, this is an opportunity to understand what they are experiencing and how you can support them and provide encouragement.

*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. - Romans 15:13*

If you want to learn more about how I and others have found a life of blessing and hope after diagnosis, click **buy** above.

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#### **Allan Carle:**

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#### **James Rodriguez:**

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#### **Thomas Crittenden:**

Reading can called head hangout, why? Because when you find yourself reading a book mainly book entitled Fibromyalgia: Living a Life of Blessing and Hope your brain will drift away trough every dimension, wandering in every single aspect that maybe unidentified for but surely will end up your mind friends. Imaging each word written in a book then become one type conclusion and explanation in which maybe you never get before. The Fibromyalgia: Living a Life of Blessing and Hope giving you a different experience more than blown away your head but also giving you useful details for your better life in this era. So now let us demonstrate the relaxing pattern here is your body and mind are going to be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

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