

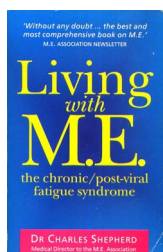
# ME Association Book List

*The MEA list of book, reports, videos and films about ME/CFS*



- Including:
- DIAGNOSIS AND MANAGEMENT OF ME/CFS
  - HISTORY OF ME/CFS
  - RELATED TOPICS
  - COOKERY
  - GENERAL INTEREST AND FICTION
  - DOCUMENTARY
  - READING
  - FILM AND VIDEO

## DIAGNOSIS AND MANAGEMENT OF ME/CFS



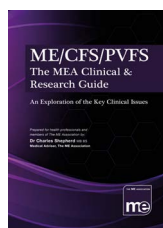
### LIVING WITH M.E: The chronic/ post-viral fatigue syndrome

Dr Charles Shepherd, Hon Medical  
Adviser, The ME Association

Published by Vermilion, an imprint of  
Ebury Press. 4th Edition, 1999. ISBN  
0-09-181679-3.

Available from The ME Association:  
<https://meassociation.org.uk/n58f>

or from Amazon:  
<https://tinyurl.com/y6rexerg>



### ME/CFS/PVFS: An Exploration of the Key Clinical Issues

Dr Charles Shepherd, MEA Medical  
Adviser

13th Edition, 2022.  
ISBN 978-1-7399945-3-2

Published by and available in print from The ME  
Association:

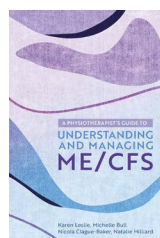
<https://meassociation.org.uk/pbme>

or on Kindle at:  
<https://meassociation.org.uk/4nop>

**ME Medical**  
The magazine for healthcare professionals about ME/CFS and Long Covid.

**MAKE SURE YOUR GP RECEIVES THIS MAGAZINE!**  
Nominate your healthcare professional online:  
[meassociation.org.uk/hcpr](https://meassociation.org.uk/hcpr)

The ME Association: Working together to improve healthcare for all.



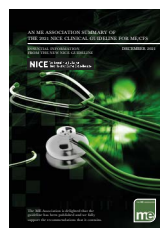
### A PHYSIOTHERAPIST'S GUIDE TO UNDERSTANDING AND MANAGING ME/CFS

Karen Leslie, Michelle Bull, Nicola  
Clague-Baker, Natalie Hilliard

This recommended and in-depth  
guide has been produced by  
members of Physios 4 ME. It provides detailed  
management advice and discussion on how the  
information can directly inform physiotherapy  
practice, supplemented with patient case studies.

It is available in hard copy via the MEA website shop:  
<https://meassociation.org.uk/phme>

or as a Kindle version via Amazon:  
<https://tinyurl.com/3tjaefft>



### NICE Guideline on ME/CFS: An ME Association Summary

The ME Association has produced  
a summary of the NICE Guideline.  
This booklet is recommended  
reading. It lets you know what to  
expect from the NHS and social  
care services with regard to symptom recognition,  
diagnosis, management, referral, and ongoing care  
and support.

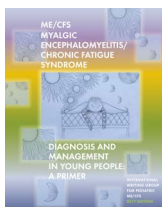
You can download a free PDF file here:  
<https://meassociation.org.uk/9d0l>

Use the link below to read the full Guideline on the  
NICE website. After the Guideline comes up on  
screen, you can print by chapter or download the  
whole document as a pdf.

<https://www.nice.org.uk/guidance/ng206>

*(Published by The National Institute for Health and  
Clinical Excellence, Published: 29 October 2021)*

## DIAGNOSIS AND MANAGEMENT OF ME/CFS

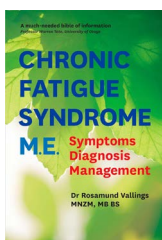


### DIAGNOSIS AND MANAGEMENT IN YOUNG PEOPLE: A Primer

This 61-page, free booklet was compiled by international experts including Dr Nigel Speight, Hon. Paediatric Adviser to the ME

Association. It provides the information necessary to understand, diagnose and manage the symptoms of ME/CFS in children and young people.

<https://meassociation.org.uk/lvbl>

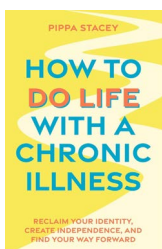


### CHRONIC FATIGUE SYNDROME M.E: Symptoms, Diagnosis, Treatment

Dr Rosamund Vallings, Medical Adviser, Associated New Zealand ME Society (ANZMES)

Published by Calico Publishing. Only available in the UK from Amazon:

<https://tinyurl.com/3npm4aya>



### HOW TO DO LIFE WITH A CHRONIC ILLNESS: Reclaim Your Identity, Create Independence, and Find Your Way Forward

Pippa Stacey

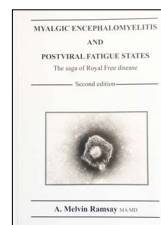
Chronic illness affects everybody differently, but we all share the goal of living meaningfully and making the most of what we have. This book dives into the important parts of everyday living that often go unspoken about - from practical advice on friendships, dating and independent living, to more reflective guidance on rediscovering your identity and learning to self-advocate.

Available from Amazon:

<https://tinyurl.com/34rn2ssx>



## HISTORY OF ME/CFS



### MYALGIC ENCEPHALOMYELITIS AND POSTVIRAL FATIGUE STATES: The saga of Royal Free disease

Dr A Melvin Ramsay

This book is by Dr A Melvin Ramsay, who was a consultant physician at the Royal Free Hospital at the time of the major M.E. outbreak in 1955. It includes detailed accounts of other outbreaks round the world.

Second Edition, 2005, published by The ME Association to mark the 50th anniversary.

ISBN 0-9550490-1-6

Available only from The MEA:

<https://meassociation.org.uk/sfrd>

Please tell your patients about

## ME Essential

The magazine for people with ME/CFS and Long Covid.

Features exclusive articles, medical and scientific developments, Ask the Doctor, stories and opinions from people living with ME/CFS or Long Covid. Quite simply, it is the best magazine available and the feedback we receive proves it!

[meassociation.org.uk/mea-membership/](https://meassociation.org.uk/mea-membership/)

The ME Association: *Changing attitudes and Improving Lives.*

## ME ASSOCIATION MEMBERSHIP

We put the interests of members at the heart of everything we do. Your subscription means that we can support more people, campaign more effectively and fund more medical research.

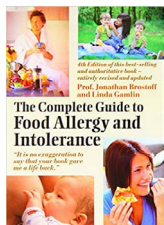
Members receive the exclusive ME Essential magazine which carries the latest news, medical information, personal stories, and feature articles.

**Join us today!**



## RELATED TOPICS

### ALLERGIES



#### The Complete Guide to Food Allergy and Intolerance

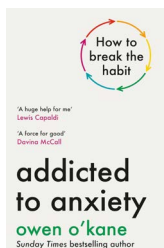
Brostoff and Gamlin

This book gives a comprehensive, thorough, unbiased and sensible account of food intolerance that can guide you through all the controversies. It is written in language that anyone can understand, and is carefully designed to help readers follow the various different diagnostic diets.

Published by Bloomsbury, 2008  
ISBN 0-74-753430-6

<https://tinyurl.com/mruwmzaa>

### ANXIETY



#### Addicted to Anxiety

Owen O'Kane

Feeling anxious is part of being human; sometimes it can even be necessary or useful. But what about when anxiety takes over? This book can help you to understand

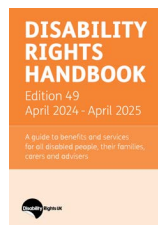
your anxiety and identify your triggers, discover techniques for breaking the underlying habits and patterns and learn strategies for navigating setbacks or relapses.

Owen O'Kane is a specialist psychotherapist and one of the UK's leading mental health experts with over twenty-five years of experience in physical and mental health. As a former NHS mental health clinical lead, Owen has a gift for making complex information accessible and understandable.

<https://tinyurl.com/ycjx3dt5>



### BENEFITS



#### Disability Rights Handbook - 2024-2025

Disability Rights UK

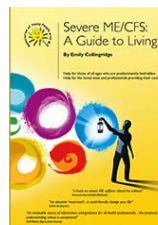
The handbook provides in-depth information and invaluable guidance on the benefits system and social care services.

Full of tools and tactics to help you make a successful claim.

Orders can be emailed to:  
[steve.newsham@disabilityrightsuk.org](mailto:steve.newsham@disabilityrightsuk.org)

<https://tinyurl.com/3mduwena>

### CARERS



#### Severe ME/CFS: A Guide to Living

Emily Collingridge

This book provides help to patients with severe ME (Myalgic Encephalomyelitis) as well as the loved ones and professionals caring for them. Written by Emily

Collingridge, a patient with over twelve years experience of severe ME, in consultation with over thirty patients, carers, friends, relatives and health professionals.

<https://tinyurl.com/ypnupmm9>



#### Severe ME featuring Justice for Karina Hansen

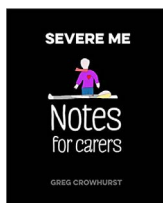
Greg Crowhurst

Updated and expanded, this is the second edition of Greg's book on how to care for someone with Severe Myalgic Encephalomyelitis. It features the voices of people with Severe ME, carers, advocates and professionals from around the world.

<https://tinyurl.com/y59cfotz>

## RELATED TOPICS

### CARERS



#### Severe Me: Notes for Carers

Greg Crowhurst

This illustrated guide with contributions from carers and those who are ill, from around the world, is packed full of practical tips, insights, guides and self-reflective exercises designed to raise awareness of how to care for someone with Severe/Very Severe ME. Greg Crowhurst PgDip, Cert Counselling, Dip Life Coaching, MA, who qualified as a Registered Nurse in 1984, has spent over two decades caring for his wife who has Very Severe ME. In 2015 he was a finalist in the prestigious BJN Nurse of the Year competition. Greg also has a certificate in Clinical Excellence in Nursing.

ISBN-13 : 978-1326271862.

Available in paperback here:

<https://tinyurl.com/y5n2q7yg>

### DRUGS

#### The BNF (British National Formulary)

Written for doctors and pharmacists, but it remains a very useful source of information about side-effects, etc. Published by the British Medical Association and the Royal Pharmaceutical Society (and updated every six months).

ISBN 9980857110657

<https://tinyurl.com/bdcpsr78>

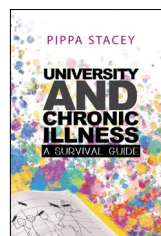
### ME ASSOCIATION FREE LITERATURE

**A range of literature that you can depend upon. Written by Dr Charles Shepherd, other advisers, and topic experts...**

The ME Association produces reliable and timely information written by topic experts and have the **largest range of literature covering all aspects of life with ME/CFS and Long Covid.**



### EDUCATION



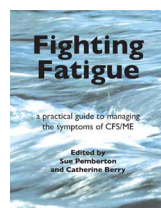
#### UNIVERSITY AND CHRONIC ILLNESS: A Survival Guide

Pippa Stacey

This survival guide is designed to be an informal introduction to university life, aimed at students with chronic illnesses or disabilities.

<https://tinyurl.com/5cmvfvej>

### MANAGING FATIGUE



#### Fighting Fatigue – a practical guide to managing the symptoms of CFS/ME

Sue Pemberton, Catherine Berry

This practical manual comes from a nationally recognised centre for CFS/ME and is jointly written by health professionals and their patients. They give straightforward and specific expert advice, accompanied by real life stories, on managing different aspects of everyday life that can affect energy and they show how to put this advice into practice.

ISBN 978-1-905140-28-2

Available at Amazon:

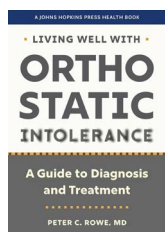
<https://tinyurl.com/yxsggdhc>

We can show you how to recognise and manage symptoms, to get an accurate diagnosis, a referral to specialists, and to obtain the healthcare that you deserve.

We also provide an **e-newsletter** and free access on the website to **Medical Matters** and other relevant information.

## RELATED TOPICS

### ORTHOSTATIC INTOLERANCE (OI)



#### Living Well with Orthostatic Intolerance: A Guide to Diagnosis and Treatment

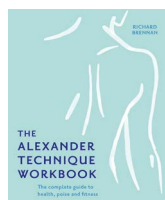
Peter C. Rowe, MD

Orthostatic intolerance (OI) describes a group of circulatory disorders whose symptoms are characterized by a dramatic drop in blood flow to the brain when people sit up or stand up. It is often associated with other acute issues, such as substantial drops in blood pressure, tachycardia, dizziness, and fainting, or long-term problems, such as chronic fatigue, fibromyalgia, and “long COVID.” Living Well with Orthostatic Intolerance is an indispensable guide for those diagnosed with the disorder, their families, and physicians.

Peter C. Rowe, MD, is a pediatrician, researcher, and professor who directs the Chronic Fatigue Clinic at John Hopkins Children’s Center. This guide explains the symptoms, causes, and different forms of OI; what a diagnosis of OI entails; how to manage OI symptoms using medications, physical therapy, and other treatments; how diet affects OI.

<https://tinyurl.com/6denw8cj>

### RELAXATION



#### The Alexander Technique Workbook

Richard Brennan

The Alexander Technique Workbook is a step-by-step accessible guide; this book instructs, then explains, the theory behind a series of simple but effective exercises that will produce real results. The book brings this 100-year-old discipline completely up-to-date, incorporating recent developments in the management of physical and mental stress.

ISBN 1-85230-346-8



Available from Amazon:  
<https://tinyurl.com/yxq4arve>

### YOGA



#### Beat Fatigue with Yoga - A step-by-step guide

Fiona Agombar

A completely integrated system for healing and wellbeing, it is the ideal, gentle way to address and even remove the causes of exhaustion.

ISBN 1-90-144745-6

Available in paperback from Amazon:

<https://tinyurl.com/yxh9g9k>

## COOKERY



#### FOUR SEASONS: The ME Association’s recipe book for people with M.E.

Over 100 pages of nutritious, delicious, quick and easy recipes for people with M.E. Introduction, together with comments and advice from Sue Luscombe, Hon Diet and Nutrition Advisor to the MEA. Featuring recipes by Healthy Living James and MEA members, plus much more. £15.00 (incl. P&P).

Published by The ME Association

ISBN: 978-1-7399945-1-8

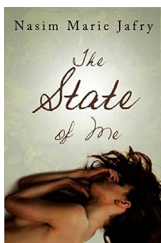
<https://meassociation.org.uk/p19i>

### DONATIONS:

In order to help more people and invest in medical research, we depend on your generosity.

If you feel able to make a donation or want to raise funds in other ways, please get in touch with the fundraising team: [fundraising@meassociation.org.uk](mailto:fundraising@meassociation.org.uk) or you can [make a direct donation via the website](#).

## GENERAL INTEREST & FICTION



### The State of Me

Nasim Marie Jafry

A beautifully written debut novel by an exciting author. It's 1983 and 20-year-old university student Helen Fleet should be enjoying the best days of her life but, while all

her friends go on to graduate and have careers in London, she is forced to return to her parents' home, bedridden with vile symptoms that doctors can't explain and don't believe. She is eventually diagnosed with M.E., a cruel illness that she must learn to live with over the next decade. Based on the author's own experience, the book explores the loneliness and chaos of one of the most misunderstood illnesses of our time.

Available in paperback and Kindle:  
<https://tinyurl.com/y3hr8vce>



### M.E. and Me: A Doctor's Struggle with Chronic Fatigue Syndrome

Dr K N Hng

What happens when a doctor gets Myalgic Encephalomyelitis /Chronic Fatigue Syndrome? Join this British doctor on her heart-wrenching and

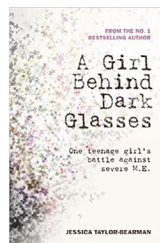
eye-opening journey.

ISBN-13: 978-1094624693

Available in paperback and Kindle at:  
<https://tinyurl.com/4rur8uyz>

## AUDIO BOOKS

Information on page 9.



### A Girl Behind Dark Glasses

Jessica Taylor-Bearman

Number 1 bestseller and finalist for The People's Book Prize 2019.

From a darkened world, bound by four walls, a young woman called

Jessica tells the tale of her battle against the M.E Monster.

ISBN-10: 1999805356

Available in paperback, audio or Kindle:  
<https://tinyurl.com/y4rkskpk>



### A Girl In One Room

Jessica Taylor-Bearman

Part 2 of the trilogy. Jessica returns home after four years in hospital to a world changed beyond recognition. Her friends have grown up and gone to university, her baby sister is now

16. Everyone has moved on, but the M.E. Monster is far from over...

ISBN-13: 978-1913835019

Available in paperback or Kindle:  
<https://tinyurl.com/2hry5zh5>



### A Girl Beyond Closed Doors

Jessica Taylor-Bearman

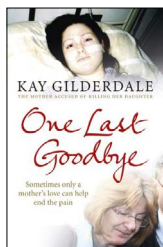
After 12 years of being trapped in a world of one room by the M.E. Monster, Jessica's dreams start to come true, but she now has to adjust to being a disabled mum in an

inaccessible world.

ISBN-13: 978-1913835309

Available in paperback and Kindle:  
<https://tinyurl.com/29cwc5ay>

## GENERAL INTEREST & FICTION



### **One Last Goodbye: Sometimes only a mother's love can help end the pain**

**Kay Gilderdale**

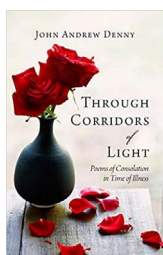
Watching her child die is the hardest thing a mother can ever do. But for Kay Gilderdale, saying a final goodbye to her only daughter Lynn was exceptionally painful: she'd played a part in her death. Lynn was just 14 when she was struck down by the crippling disease ME, leaving her paralysed and in constant agony. Over the next 17 years, she became desperate to escape her miserable existence, even begging her mum to help her die. So, one night, when Kay found Lynn attempting suicide, she was forced to make an impossible decision. Continue watching her child suffer or help her end the pain?

ISBN-13 : 978-0745955476

Available in paperback and Kindle:

<https://tinyurl.com/yytvvhzh>

## POETRY



### **Through the Corridors of Light: Poems Of Consolation In Time Of Illness**

**Edited by John Andrew Denny**

Compiled by a former publishing editor who has suffered severely from M.E. for over 20 years, this is a poetic companion through the journey of serious illness. Poems powerfully echo the deep and private thoughts that preoccupy the seriously ill.

ISBN-13: 978-0745955476

Available in paperback, audio or Kindle at:

<https://tinyurl.com/y4sslulc>



## VIDEO & FILM



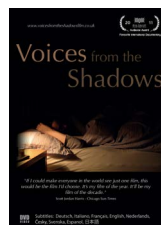
### **VuMedi: The overlaps between Long Covid and ME/CFS**

**Dr Charles Shepherd**

Dr Charles Shepherd, Honorary Medical Adviser to the ME Association was given the opportunity to provide a video for the VuMedi site due to his expert knowledge and years of experience surrounding ME/CFS.

In this video, aimed at healthcare professionals, he explains the important clinical and pathological overlaps between ME/CFS and Long Covid and provides information relating to current research into both conditions.

<https://meassociation.org.uk/bcdh>



### **DIALOGUES FOR ME/CFS**

**A Wellcome Project by Natalie Boulton and Josh Biggs**

Natalie and Josh were responsible for the ground-breaking *Voices from the Shadows* documentary in 2011 which was financed by a grant from the Wellcome Public Engagement Fund.

<https://voicesfromtheshadowsfilm.co.uk>

Dr Charles Shepherd, and Dr Nigel Speight, Hon. Medical Advisers to the ME Association, contributed to the project and recorded interviews for the series.

**There are several other videos available from Dialogues for a Neglected Illness:**

An Introduction to ME/CFS:

<https://tinyurl.com/y5ut82hl>

Severe and Very Severe ME/CFS:

<https://tinyurl.com/y3cky4dr>

Post-Exertional Malaise:

<https://tinyurl.com/y36pv5qq>

Young People with ME:

<https://tinyurl.com/y68aay3a>

Pacing:

<https://tinyurl.com/rrzdy35f>



## VIDEO & FILM



### AN INTRODUCTION TO ME/CFS

In an introductory video in which clinical, research, and patient experts explain what we know about ME/CFS, the controversies and stigma still present in the field, how this disease affects the patient community, and where we go from here.

Watch here:

<https://tinyurl.com/y5ut82hl>

The video features interviews with Dr Charles Shepherd, Dr Luis Nacal, Professor Jonathan Edwards, Caroline Kingdon, Dr Nigel Speight, Professor Mark VanNess, Dr David Systrom, Dr David Tuller, Dr Nina Muirhead, Dr Eliana Lacerda, Professor Brian Hughes, and Naomi Wittingham who has had the disease for 30 years.

NOTE: Since the video was made, the new NICE Guideline for ME/CFS has been published. The 2021 guideline supports a refreshingly different approach to the illness, as research shows the previous cognitive-behavioural model to be plainly wrong. There is now more accurate advice on diagnosis and a reversal of previous recommendations for graded exercise therapy and cognitive behavioural therapy to address flawed beliefs and behaviours.



### UNREST

**Starring Jennifer Brea and Omar Wasow**

Jennifer Brea is a Harvard PhD student about to marry the love of her life when suddenly her body starts failing her. Brea's wonderfully honest portrayal asks us to rethink the stigma around a disease that affects millions of people. **Unrest** is a vulnerable and eloquent personal documentary that is sure to hit closer to home than many could imagine.

Available to buy on DVD and Blu-ray at:  
<https://tinyurl.com/bdh8cx8a>

## AUDIO BOOKS

### Listening Books

Listening Books provides an internet-based audiobook lending service that is quick and easy to use and offers a huge range of fiction and non-fiction titles, along with thousands of newspapers and magazines from around the world. Membership cost £20 per year.

[ibarling@listening-books.org.uk](mailto:ibarling@listening-books.org.uk)

### Calibre Audio

Calibre Audio provides a fantastic collection of over 18,000 audiobooks for people living with a disability

in the UK and overseas. For adults, membership costs £3 per month or £30 for one year.

<https://www.calibreaudio.org.uk>



### Spotify

There are over 375,000 titles available to purchase in the Spotify Web Player, then you can listen on any device. Select Premium plans now include 15 hours of audiobook listening time every month from a subscriber catalogue of over 250,000 titles. Various charging structures are available.

<https://www.spotify.com/uk/audiobooks>



THE ME ASSOCIATION



# ME CONNECT

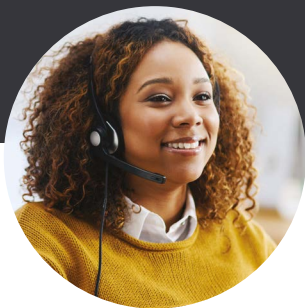
The Support and Information Service  
for people affected by ME/CFS/PVFS  
and Long Covid

3 WAYS TO GET IN TOUCH:  
by phone, email  
or social media private message



**Freephone**  
**0808 801 0484**

For opening hours visit:  
[meassociation.org.uk/me-connect](https://meassociation.org.uk/me-connect)



## HERE TO LISTEN

We are here to listen, validate and empathise with any issues you might be facing.



## VITAL SUPPORT

We are here to help you reach an informed decision.



## SAFE ENVIRONMENT

We provide a safe, confidential and understanding environment where you can be heard and understood.

*We're here for you!*



[MEConnect@meassociation.org.uk](mailto:MEConnect@meassociation.org.uk)



[X.com/meassociation](https://x.com/meassociation)



[facebook.com/meassociation](https://facebook.com/meassociation)



[instagram.com/meassociation](https://instagram.com/meassociation)

[meassociation.org.uk](https://meassociation.org.uk)