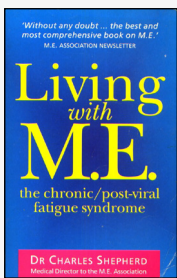




# THE MEA LIST OF BOOKS, REPORTS, VIDEOS AND FILMS ABOUT ME/CFS

## RECOMMENDED READING

### LIVING WITH M.E. - THE CHRONIC/POST-VIRAL FATIGUE SYNDROME



by 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://tinyurl.com/y6olz5lh>

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

### BETTER RECOVERY FROM VIRAL ILLNESS

by 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/y2564aab>

## REPORTS

### CHIEF MEDICAL OFFICER'S REPORT

Published by The Department of Health, January 2002

Download a copy of this major report at the ME Association website by using this link:

<https://tinyurl.com/y526lwwn>

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

This recommended 61-page booklet was compiled to provide the information necessary to understand, diagnose and manage the symptoms of M.E. in children and young people. Available from the MEA Association's website shop:

<https://tinyurl.com/y5vrpx5j>

### SEVERE M.E. IN CHILDREN

by Dr Nigel Speight

Dr Nigel Speight, Hon. Paediatric Adviser to the ME Association, published a paper in July 2020 that discusses how severe M.E. can present in children and young people. He talks about the approach that should be adopted by doctors, and what can be done to help provide appropriate support and care. Available from the MEA website shop:

<https://tinyurl.com/y2zwge3r>

### NICE GUIDELINE ON ME/CFS

Published by The National Institute for Health and Clinical Excellence, August 2007

Visit [www.nice.gov.uk](http://www.nice.gov.uk) and type 'CG53' into the search box. After the Guideline comes up on screen, you can print by chapter or download the whole document as a pdf. To download a shorter summary for patients type in 'CG53, patient version' and for the quick reference guide for professionals type in 'CG53, quick reference'.

### NICE GUIDELINE 2021

NICE are in the process of preparing a completely new guideline on ME/CFS. This is due for publication in April 2021. The draft recommendations on diagnosis and management have now been published as part of the stakeholder consultation process.

For more information:

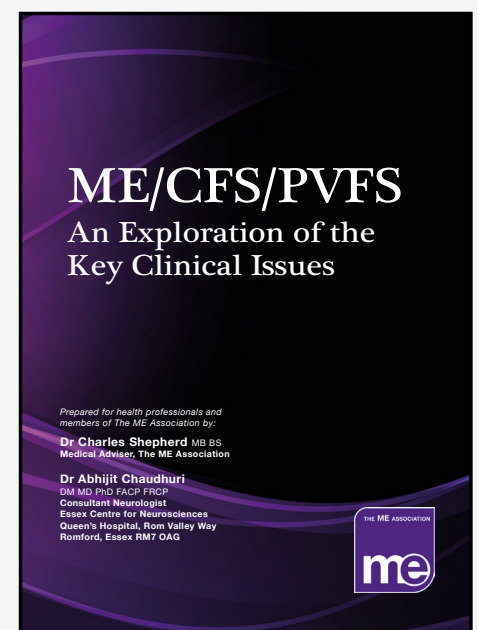
<https://tinyurl.com/yvowlsmo>

## CLINICAL GUIDANCE

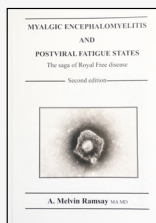
### ME/CFS/PVFS: AN EXPLORATION OF THE KEY CLINICAL ISSUES

by MEA Medical Adviser, Dr Charles Shepherd and consultant neurologist, Dr Abhijit Chaudhuri

12th Edition, 2020. ISBN 978-0-9550490-7-1 Published by and available in printed form from The ME Association. <https://tinyurl.com/y4xemla9> or on Kindle at: <https://tinyurl.com/xydpmy65>



## HISTORY OF M.E.

**MYALGIC  
ENCEPHALOMYELITIS  
AND POSTVIRAL FATIGUE  
STATES: THE SAGA OF  
ROYAL FREE DISEASE**


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://tinyurl.com/yyvvluka>

## RELATED TOPICS

## ALLERGIES:

**THE COMPLETE GUIDE  
TO FOOD ALLERGY AND  
INTOLERANCE**

by Brostoff and Gamlin

Published by Bloomsbury, 1998  
ISBN 0-74-753430-6

<https://tinyurl.com/y4xemla9>

## ANXIETY AND PANIC:

**PANIC OR NO PANIC - THE  
CHOICE IS YOURS**

by Margaret Hawkins

(includes chapters on Anxiety)

Published by No Panic, 2004

Available from 01952 590005 or at

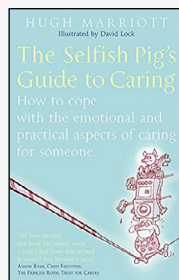
<https://tinyurl.com/y5f2r8k3>

## BENEFITS:

**DISABILITY RIGHTS  
HANDBOOK**

The new 2020 edition is now available from [www.disabilityrightsuk.org](http://www.disabilityrightsuk.org): <https://tinyurl.com/y2m892do>

## CARERS:

**THE SELFISH PIG'S GUIDE  
TO CARING**


by Hugh Marriott

Published by Time Warner Paperbacks, 2006  
ISBN 0-75-153709-8  
Available at Amazon in paperback or on Kindle:

<https://tinyurl.com/y35cnbga>

**SEVERE ME: NOTES FOR  
CARERS**

by Greg Crowhurst



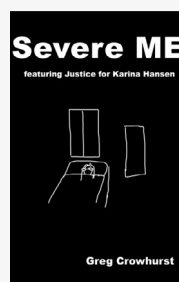
This illustrated guide with contributions from carers and those who are ill, from around the world, is packed full of practical tips,

insights, guides and selfreflective exercises designed to raise awareness of how to care for someone with Severe/Very Severe M.E. 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. ISBN-13 : 978-1326271862. Available in paperback here:

<https://tinyurl.com/y5n2q7yg>

**SEVERE ME FEATURING  
JUSTICE FOR KARINA  
HANSEN**

by 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. Available here:

<https://tinyurl.com/y59cfotz>

## 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

## MANAGING FATIGUE:

**FIGHTING FATIGUE - A  
PRACTICAL GUIDE TO  
MANAGING THE SYMPTOMS  
OF CFS/ME**

by Sue Pemberton and Catherine Berry

ISBN 978-1-905140-28-2

Available at Amazon:

<https://tinyurl.com/yxsgadhc>

## RELAXATION:

**THE ALEXANDER  
TECHNIQUE WORKBOOK**

by Richard Brennan

ISBN 1-85230-346-8

Available from Amazon:

<https://tinyurl.com/yxq4arve>

**SUPPORT FOR FAMILY  
AND FRIENDS:**
**CHRONIC FATIGUE  
SYNDROME/ME: SUPPORT  
FOR FAMILY AND FRIENDS**

by Elizabeth Turp

ISBN 978-1-84905-141-5

Available from Amazon:

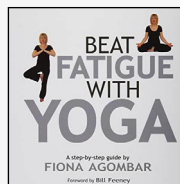
<https://tinyurl.com/y4evo9hd>

## RELATED TOPICS (CONT.)

## YOGA:

BEAT FATIGUE WITH YOGA  
- A STEP-BY-STEP GUIDE

by Fiona Agombar



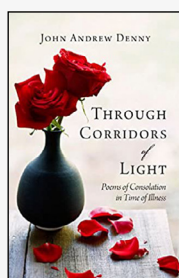
A completely integrated system for healing and wellbeing, it is the ideal, gentle way to address and even remove the

causes of exhaustion. Published by Cherry Red Books, 2006.

ISBN 1-90-144745-6. Available in paperback from Amazon:

<https://tinyurl.com/yyxhhg9k>

## 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 have been chosen mostly by sufferers, and 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>

GENERAL INTEREST  
AND FICTION

## THE STATE OF ME

by 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 at:

<https://tinyurl.com/y3hr8vce>

WHAT IS M.E? A GUIDE  
FOR CHILDREN:  
EXPLAINING THE ILLNESS  
IN A WAY CHILDREN CAN  
UNDERSTAND

by Hayley Green

A book designed for young children to help them understand M.E). It is written in such a way that compares the illness to

things they can relate to, using uncomplicated language, with illustrations to accompany the text. ISBN-13: 978-1508510369. Available in paperback and Kindle at:

<https://tinyurl.com/y56ueona>

M.E. AND ME: A DOCTOR'S  
STRUGGLE WITH CHRONIC  
FATIGUE SYNDROME

by Dr KN Hng



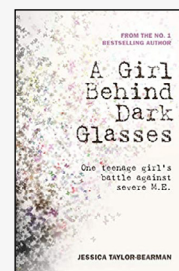
What happens when a doctor gets Myalgic Encephalomyelitis /Chronic Fatigue Syndrome? Join this British doctor on her heart-

wrenching and eye-opening journey. ISBN-13: 978-1094624693. Available in paperback and Kindle at:

<https://tinyurl.com/y5f2r8k3>

A GIRL BEHIND DARK  
GLASSES

by Jessica Taylor-Bearman



Number 1 bestseller and finalist for The Peoples 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 at:

<https://tinyurl.com/y4rkskpk>

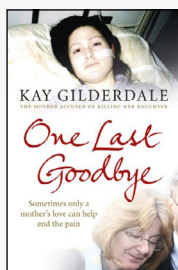
## ME ESSENTIAL

The ME Association's  
membership magazine,  
posted out to members  
four times a year.

For details email [admin@meassociation.org.uk](mailto:admin@meassociation.org.uk) or  
call 01280 818968





DOCUMENTARY  
READINGONE LAST GOODBYE:  
SOMETIMES ONLY A  
MOTHER'S LOVE CAN HELP  
END THE PAIN

**Edited by 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/yytvtvzhz>

AN INTRODUCTION TO  
ME/CFS

In an introductory video, 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 it 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.

## FOOD



## COOKING FOR ME

**The ME Association's  
brand new recipe book for  
people with M.E.  
NOW AVAILABLE!**

**60 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. £14.95  
(incl. P&P).

Available in time for Christmas, as a gift for others or for yourself! Only available from the ME Association. Please call us on 01280 818968 or order via our online shop.



## FILM

## DIALOGUES FOR ME/CFS

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

This exciting new project, a series of films created by Natalie Boulton and Josh Biggs, has been financed by a grant from the Wellcome Public Engagement Fund.

The ME Association fully supports the project's aims and Dr Charles Shepherd, and Dr Nigel Speight, Hon. Medical Advisers to the ME Association, have contributed to the project and recorded interviews for the series.

Natalie and Josh were responsible for the ground-breaking **Voices from the Shadows** documentary in 2011. The film is still available to watch for free from the Voices website: <https://voicesfromtheshadowsfilm.co.uk>

The new project covers different aspects of ME/CFS from a variety of perspectives, and includes interviews with, and input from, expert clinicians, researchers, patients, carers and advocates.

Final publication is expected in 2021 with a public launch being hosted by the M.E. Biobank – whose team are consulting on the project – at the London School of Hygiene & Tropical Medicine.

In the meantime, you can watch several videos 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>

**Graded exercise therapy:**

<https://tinyurl.com/yyj97cxw>

**Young People with ME:**

<https://tinyurl.com/y68aay3a>

**Pacing:**

<https://tinyurl.com/y399pnh2>



## 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 at: <https://tinyurl.com/y3llcrsx>

