

# The MEA Book List



JULY 2019 – Listing doesn't mean we agree with every opinion in each book

## SELF-HELP BOOKS

### **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 only from *The ME Association*

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

by Emily Collingridge  
Former PR and Fundraising  
Manager, Association of Young  
People with M.E (AYME).

Published by AYME, 2010.

ISBN Not known

Available only from AYME or via

[www.severeme.info](http://www.severeme.info)

### **Managing ME/CFS: A guide for young people**

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

Published by Calico Publishing

Only available in the UK on

Amazon Kindle

## FICTION

### **The State of Me**

by Nasim Marie Jafry  
(*semi-autobiographical with  
word perfect M.E. content*)

Published by Friday Fiction, an  
imprint of HarperCollins UK. 2008.

ISBN 978-1-906-32105-5

### **Love and Fatigue in America**

by Roger King

(*autobiographical fiction with  
acute self-observation*)

Published by Terrace Books, a trade  
imprint of the University of Wisconsin  
Press

ISBN 978-0-299 -28520-7

## POETRY

### **Through corridors of light: Poems of consolation in times of illness**

Edited by John Andrew Denny

Published by Lion Books, a imprint of  
Lion Hudson Ltd

ISBN 978-0-7459-5547-6

## 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

Published by and only available from  
The ME Association. 11th Edition, 2019.

ISBN 978-0-9550490-7-1

## DOCUMENTARY

### **One Last Goodbye**

by Kay Gilderdale  
(covering her daughter Lynn's  
life and death, and Kay's trial on a  
charge of attempted murder)

Published by Ebury Press, 2011

ISBN 978-0-0919-3914-4

## 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  
clicking on the following link:  
<https://tinyurl.com/y526lwwn>

### **Royal College of Paediatrics and Child Health Report**

Published by Royal College of  
Paediatrics and Child Health,  
December 2004

Download a copy of this report  
at the ME Association website by  
clicking on the following link:  
<https://tinyurl.com/y5f7r8qy>

#### **ALSO**

### **Young Person's Guide to CFS/ME**

Download a copy of this shorter report  
at the ME Association website by  
clicking on the following link:  
<https://tinyurl.com/yylsutcx>

### **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**'.

## 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 ME Association*

## RELATED TOPICS

### **Allergies**

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

by Brostoff and Gamlin  
Published by Bloomsbury, 1998  
ISBN 0-74-753430-6

### **Anxiety and Panic**

#### *Panic or No Panic – the choice is yours*

(includes chapters on Anxiety)  
by Margaret Hawkins  
Published by No Panic, 2004  
Available from 01952 590005 or via [www.nopanic.org.uk](http://www.nopanic.org.uk)

### **Benefits**

#### *Disability Rights Handbook*

Published by Disability Rights UK.  
44th Edition, May 2019  
Reduced price for people on benefits.  
Available from [www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)

### **Carers**

#### *The Selfish Pig's Guide to Caring*

by Hugh Marriott  
Published by Time Warner Paperbacks, 2006  
ISBN 0-75-153709-8

### **Confidence and Morale**

#### *A Woman in Your Own Right*

by Anne Dickson  
Published by Quartet Books, 1982  
ISBN 0-70-43342-0-8

### **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

### **Living with Long-Term Illness**

#### *Living with a Long-Term Illness - The Facts ('Facts' series)*

(includes a chapter on 'Caring and Being Cared For').  
by Campling and Sharpe  
Published by Oxford University Press, 2006  
ISBN 0-19-85288-2-5

### **Relaxation**

#### *The Alexander Technique Workbook*

by Richard Brennan  
ISBN 1-85230-346-8

### **Support for Family and Friends**

#### *Chronic Fatigue Syndrome/ME: Support for Family and Friends*

by Elizabeth Turp  
ISBN 978-1-84905-141-5

### **Yoga**

#### *Beat Fatigue with Yoga*

by Fiona Agombar  
Published by Cherry Red Books, 2006  
ISBN 1-90-144745-6



## **ESSENTIAL FACTS AT YOUR FINGERTIPS**

## **POSTED OUT FOUR TIMES A YEAR**

The ME Association's membership magazine  
For details, email: [meconnect@meassociation.org.uk](mailto:meconnect@meassociation.org.uk) or phone 01280 818968