



Overcome Your Fibromyalgia

Cherie Stechly

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It's the flu, I thought, but of course the flu never came. Author Cherie Stechly knows firsthand that living with Fibromyalgia is not easy. She has suffered with intense pain, poor sleep, Irritable Bowel Syndrome, Adrenal Fatigue, and a host of other symptoms. In her first book, *Overcome Your Fibromyalgia*, Cherie takes a new approach to battling an old disease and offers alternatives to the standard advice. She takes readers along on her journey of healing and spirituality, combining personal anecdotes with thorough research to present the disease from all sides--and to show its weaknesses. From hormones to vitamins, diet to stress, readers will be able to overcome all obstacles and learn about themselves as they defeat a debilitating health issue. Join Cherie on this path to healing and live a pain-free life.

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