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A Rocket Scientist's Guide to M.E. (Paperback)

By Richard Newlands

Lulu.com, United Kingdom, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Rick's book is a wry and acerbic account of experiences of the illness M.E. including hints and suggestions for fellow M.E. sufferers. You might just learn a bit of rocket science too. M.E. is a depressing subject. Most M.E. books are so woeful you want to reach for the razor blades. So he's tried to lighten-up this book; who wants to read a dire book when you're feeling miserable already? He pulls no punches: those of the medical profession that have helped him he praises. Those that were useless, obstructive, or frankly bizarre, come in for damning criticism. He discusses the efficacy of current best practices and why a tobacco enema is a bad idea. Included is a hypothesis about what M.E. might be, and how it could be tackled by future research. Though written from a British perspective, he hopes this book will help and amuse M.E. sufferers and their carers worldwide. Please bear in mind that he's a rocket scientist, not a doctor, but he likes to think he's got a...



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