

LUKE EISENBERG

CHRONIC FATIGUE

DEFEATING PERMANENT FATIGUE
AND STARTING THE DAY WITH
RENEWED STRENGTH

Chronic Fatigue

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Chronic Fatigue: Defeating Permanent Fatigue and Starting the Day with Renewed Strength

You probably know the feeling of returning home from a long day's work with the desire to get comfortable on the sofa. Even as the host of an exuberant celebration, you have certainly felt quite exhausted. After such situations, there is really nothing better than to close your eyes and relax. As strenuous as the day was, it is always a bit of relief to have managed everything. You know what you have achieved and can enjoy your well-deserved break. But imagine that this tiredness persists. Instead of the pride of having mastered a challenge, it is hopelessness to find your way out of the depths on your own. If friends and family also react with incomprehension, the constant tiredness becomes a hard endurance test and can have serious consequences.

Chronic fatigue is no longer a rare phenomenon. Due to the increasing number of people affected, scientists recognized the diagnosis as an independent disease. However, the limitation to other complaints is not always clear, as there are many parallels. Self-awareness is, however, one of the most important steps to break out of the vicious circle. But also relatives are not easy to deal with chronic fatigue.

Whether you are affected yourself or accompany a sick person on his path of suffering, this e-book gives you a detailed insight into the symptoms of chronic fatigue. You will also receive valuable tips on how to deal with the complaints.