

Table of Contents

<i>Preface - The Reality of Our Times</i>	1
Introduction	5
Chapter 1 - A Framework for Recovery	14
Physical Reality...Nurturing a Tired Body	27
Chapter 2 - Different Origins, Similar Challenges.....	30
Chapter 3 - The Impact of Post-Exertional Malaise	45
Chapter 4 - Managing Finite Energy	55
Chapter 5 - Learning to Love Pacing.....	73
<i>Physical Summary</i>	82
Emotional Reality...Riding the Rollercoaster	83
Chapter 6 - A Rollercoaster of Emotions.....	88
Chapter 7 - Unhelpful Thought Patterns.....	99
Chapter 8 - Developing a Healing Mindset.....	108
Chapter 9 - Preparing for Those Dark Days	129
Chapter 10 - Managing the People in Your Life	138
<i>Emotional Summary</i>	151
Medical Reality...Navigating Cracked Systems	153
Chapter 11 - Utilising a Team of Practitioners.....	158

Chapter 12 - Hurdles Within Medical Systems	171
Chapter 13 - Taking Control of your Medical Reality	180
<i>Medical Summary</i>	193

Getting the Help you Need... What Works and What Doesn't..... 194

Chapter 14 - Lifestyle, Back to Basics.....	197
Chapter 15 - Becoming a Pacing Expert.....	215
Chapter 16 - Moving with Care, Not Out of Obligation	227
Chapter 17 - Building Your Supportive Team.....	233
Chapter 18 - Navigating Work Situations	242
Chapter 19 - Ways of Feeling Mindful	252
Chapter 20 - Restoring Energy and Cultivating Joy.....	258
Chapter 21 - Maintaining Perspective	265

New Reality — A Message of Hope..... 275

<i>Acknowledgments</i>	280
<i>Glossary</i>	283
<i>About the author</i>	291