



BOOKS & VIDEOS

On Fibromyalgia And Related Conditions

Note: The National Fibromyalgia Partnership, Inc., offers the enclosed list of books and videotapes as a public information service and receives no remuneration for any entry in this guide. The listed prices are based on information available from publishers and are subject to change. When ordering from publishing houses located in your home state, be sure to add appropriate sales tax.

GENERAL GUIDES TO FIBROMYALGIA

The Best of Fibromyalgia Frontiers 1992-2000

Compiled and distributed by the National Fibromyalgia Partnership (2002)

Carefully selected articles from the National Fibromyalgia Partnership's (NFP) popular quarterly, *Fibromyalgia Frontiers*. 62 articles on fibromyalgia & related conditions, symptom management, coping, and work & disability, plus 18 favorites from *Frontiers*' "Ask the Expert" columns. Topics include: alternative medicine • Americans with Disabilities Act • bodywork approaches • breathing exercises • carpal tunnel syndrome • cervical stenosis/chiari malformation • chiropractic treatment • chronic fatigue syndrome • cognitive behavioral therapy • comprehensive treatment approach • coping • disability benefits • dizziness and dysequilibrium • emergency services • fibromyalgia • fibromyalgia and work • fibromyalgia in young people • fitness with fibromyalgia • Flexyx neurotherapy • footwear for fibromyalgia • headaches • humor • infrared imaging • insurance policies • interstitial cystitis • irritable bowel syndrome • laser therapy • medication management • memory • mycoplasma infection • myofascial pain syndrome • neurally mediated hypotension • parenthood and fibromyalgia • quality of life • relationships • restless leg syndrome • stress and fibromyalgia • temporomandibular joint (TMJ) • thoracic pain and dysfunction • vulvodynia • water fitness • watsu. (182 pages, softcover, 8"x11" format. Available from the NFP catalog and Online Store--www.fmpartnership.org. NFP Members--\$10/Non-Members--\$15.00, shipping/handling included.)

Fibromyalgia for Dummies

By Roland Staud, M.D. with Christine Adamec (Wiley Publishing, Inc., 2002)

Researcher/rheumatologist Roland Staud, M.D., has compiled an easy-to-use guide on the symptoms and treatments of fibromyalgia which is true to the spirit of previous "For Dummies" books. He cites two goals for his

book: to demonstrate that fibromyalgia pain is real and to provide current information on medications, lifestyle changes, and other treatment options. This book offers not only general coping techniques but also specific strategies for those unable to work full-time, for family members or friends of individuals with fibromyalgia, and for parents whose child has fibromyalgia. Although some of the information is basic, both newly diagnosed and long-time sufferers will enjoy reading this thorough guide to easing the pain. (319 pages with appendices, soft cover, \$21.99-- Available in many bookstores and online.)

The Fibromyalgia Handbook: A 7-Step Program To Halt And Even Reverse Fibromyalgia

By Harris H. McIlwain, M.D., and Debra Fulghum Bruce, M.S. (Henry Holt and Company, 2003)

In this newly revised edition of his popular handbook, Dr. McIlwain offers a 7-step program that emphasizes the importance of seeking medical treatment, doing exercise, and decreasing stress to lessen symptoms. He discusses the latest in medications as well as several safe, alternative treatments, including massage, biofeedback, meditation, and herbal therapy. He includes a detailed discussion on good nutrition and offers diet ideas that may prove helpful in planning meals. (208 pages, softcover, \$18.00--Available in many bookstores.)

Fibromyalgia: Up Close And Personal With Mark J. Pellegrino, M.D.

(Anadem Publishing, Inc., 2004)

This impressive 425-page reference covers every facet of fibromyalgia. Forty-three chapters cover diagnosis and multiple approaches to treatment as well as pain, illness causation/prognosis, special FM-related problems, post-traumatic fibromyalgia, daily life challenges and FM, and more. An invaluable reference for both patients and medical professionals written by a physician with fibromyalgia. (Softcover. Available from the NFP catalog and Online Store--www.fmpartnership.org. NFP Members--\$29.95/Non-Members--\$34.95, shipping/ handling included.)

For Health Care Professionals Or Advanced Readers

The Clinical Neurobiology of Fibromyalgia and Myofascial Pain: Therapeutic Implications

Edited by Robert M. Bennett, M.D. (The Haworth Medical Press, 2002)

A synopsis of the plenary sessions of the MYOPAIN 2001 conference, this new book is impressive in its scholarship and noteworthy in its relevance to the many nagging questions on soft tissue pain that plague modern medicine. It brings together leading experts from around the world. Included are six presentations each on the neurobiology of central sensitization, regional pain syndromes, and chronic widespread pain, as well as introductory chapters by noted fibromyalgia researchers I. Jon Russell, M.D., Ph.D., and Robert Bennett, M.D. A presidential address by Leonardo Vecchiet addresses the topic of muscle pain and aging. (267 pages, softcover, 6" x 8" format. \$34.95 plus shipping/handling. Available from the Haworth Press, 10 Alice Street, Binghamton, NY 13904-1580. Phone: 800/Haworth. Fax: 800/895-0582 or 607/722-6362. Website: www.haworthpressinc.com.)

Muscle Pain—Understanding Its Nature, Diagnosis, and Treatment

By Siegfried Mense, Prof. Dr. Med.; David G. Simons, M.D.; and I. Jon Russell, M.D., Ph.D. (Lippincott, Williams & Wilkins, 2000)

Carefully constructed by three giants in the field of muscle and soft tissue research, this authoritative new textbook constructs a platform of medically-accurate information and thought-provoking discussion upon which future investigators and scholars can build. The authors provide precise definitions of the muscle terminology which has often been used carelessly and inaccurately in casual conversation. They also address such general

topics as the relationship between acute and chronic pain, gender differences in the experience of pain, and difficulties in doctor/patient communication on the subject of pain symptoms. They then cover in greater depth the individual topics of local pain, neuropathic pain, referred pain, increased tension, reflexly mediated and postural pain, centrally modified pain, and myofascial pain--all in the context of muscle. A final comprehensive chapter on fibromyalgia by I. Jon Russell, M.D., Ph.D., is included. Each chapter presents a historical overview which assesses the theories and disagreements which have characterized its particular subject matter. Then, current research and new hypotheses are considered along with detailed information on pharmacologic therapies. (400 pages, hardback, \$54.95. Available from the publisher's website: www.lippincott.com, and from many bookstores.)

JOURNALS

Journal of Chronic Fatigue Syndrome

Edited by Roberto Patarca-Montero, M.D., Ph.D. Founding Co-Editor, Nancy Klimas, M.D.
(The Haworth Medical Press)

Contains multi-disciplinary research, practical clinical management, case reports, and literature reviews related to chronic fatigue syndrome. (For individuals: \$60/yr. (U.S.); \$81.00/yr. (Canada); \$87/yr. (other countries). Check, money order, and Visa/ Mastercard/Discover/American Express accepted. Send order to: The Haworth Press, 10 Alice Street, Binghamton, NY 13904-1580. Phone: 800/Haworth. Fax: 800/895-0582 or 607/722-6362. Website: www.haworthpressinc.com.)

Journal of Musculoskeletal Pain

Edited by I. Jon Russell, M.D., Ph.D. (The Haworth Medical Press)

This journal provides a wealth of information on fibromyalgia and myofascial pain syndrome in each issue. Edited by eminent fibromyalgia researcher I. Jon Russell, M.D., Ph.D., and featuring an international who's who of distinguished researchers on its editorial board, it offers the latest in research, the proceedings of conferences and special seminars, and book reviews. For individuals: \$75/yr. (U.S.); \$101.00/yr. (Canada); \$109/yr. (other countries). Check, money order, and Visa/Mastercard/Discover/ American Express accepted. Send order to: The Haworth Press, 10 Alice Street, Binghamton, NY 13904-1580. Phone: 800/Haworth. Fax: 800/895-0582 or 607/722-6362. Website: www.haworthpressinc.com.)

COPING WITH FIBROMYALGIA

The Chronic Illness Workbook

By Patricia A. Fennell, M.S.W., C.S.W.-R (New Harbinger Publications, Inc, 2001)

This book explains an innovative, four-phase treatment plan for chronic illness. The comprehensive model provides readers with a guide for living with the difficulties of each of these phases. Several exercises that will help readers accomplish their goals of moving through this model are included. The book also includes several topics of interest: what to look for in a qualified health provider, how to deal with HMOs, and how to use alternative medical care. (239 pages, softcover, \$16.95. Available at bookstores or through New Harbinger Publications, 5674 Shattuck Avenue, Oakland, CA 94609-1662. Phone: 800/748-6273 Fax: 510/652-5472. Website: www.newharbinger.com. Visa, Mastercard, and American Express accepted.)

A Delicate Balance: Living Successfully With Chronic Illness

By Susan Milstrey Wells (Perseus Publishing, 2000)

Susan Milstrey Wells has done an exceptional job of exploring the many facets of chronic illness in *A Delicate Balance*. Drawing on a wide range of disciplines, her own history with several medical conditions (including FM), and the insights and experiences of other patients, she takes an honest, unflinching look at chronic illness and the demands it places on us. She skillfully interweaves her own research with the personal narratives of patients, thus keeping the narrative engaging and fresh. Wells is no Pollyanna, however. She puts the ugly sides of chronic illness out into the light where we can all see it yet manages to draw constructive insights that we can take with us into the future. (289 pages, \$16.00—U.S., \$24.50—Canada. Available in bookstores and on the publisher's website: www.perseuspublishing.com.)

I'd Rather Be Working: A Step-By-Step Guide To Financial Support For People With Chronic Illness

By Gayle Backstrom (Amacom, A Division of the American Management Association, 2003)

Gayle Backstrom, author of the popular book, *When Muscle Pain Won't Go Away*, is back with this comprehensive new work which explores the world of employment for the chronically ill. Several early chapters allow readers to evaluate their working potential in terms of health, self esteem, financial status, existing support systems as well as work experience, education, and personal knowledge/interests. Guidance is also offered in goal setting and obtaining continuing education and retraining. The book also addresses the pros and cons of the Americans with Disabilities Act; contains a wealth of information on resources like the U.S. Department of Labor, the Job Accommodation Network, the Small Business Administration; and highlights other sources for training, education, vocational rehabilitation, and financial assistance. A helpful discussion of self employment is also included as well as interviews with 20 chronically ill or disabled workers from a variety of backgrounds. (242 pages, softcover, \$14.95. Order by phone: 800/714-6397, or at the Amacom website: www.amacombooks.com.)

Managing PAIN Before It Manages You

By Margaret A. Caudill, M.D., Ph.D. (The Guilford Press, 2002)

This newly revised and expanded edition teaches coping skills proven to decrease the discomfort, depression, and anxiety associated with chronic pain. It provides a wide variety of do-it-yourself techniques for dealing with chronic pain, as well as chapters on the psychology and the physiology of pain. While many of the coping strategies described can undoubtedly be found separately in other publications, this is quite a comprehensive collection. Of special interest to FM patients are the breathing exercises, cognitive therapy tasks, and the four-page "Dysfunctional Attitude Survey" which the author indicates should be "very valuable in identifying self-defeating attitudes". (232 pages, softcover, \$21.95 plus shipping/handling. Order online at www.guilford.com, or phone: 800/365-7006.)

A Parents' Guide To CFIDS: How To Be An Advocate For Your Child With Chronic Fatigue Immune Dysfunction Syndrome

By David S. Bell, M.D., FAAP; Mary Z. Robinson, M.S.Ed.; Jean Pollard, A.S.; Tom Robinson, M.S., CAS; and Bonnie Floyd, M.A. (The Haworth Medical Press, 1999)

This book is written by a leading expert on CFS/CFIDS along with the mothers and fathers of young people with CFIDS. It not only covers general topics such as symptoms and diagnosis but also addresses personal/family issues such as coping. In addition, it contains a very comprehensive discussion of school issues and gives parents suggestions on how to get their children the education they need. The book presents many helpful guidelines including how many school hours a child with CFIDS should take, whether (s)he needs extra time to complete tasks, and how parents can work with their child's school. The appendices are filled with sample

letters, tips, and resources. (161 pages, softcover: \$17.95. Outside North America \$22.00. Send order to: The Haworth Medical Press, Inc., 10 Alice Street, Binghamton, NY 13904-1580. Phone: 800/429-6784 or 607/722-5857. Fax: 800/895-0582 or 607/722-6362. Or visit the Haworth website located at: www.haworthpressinc.com.)

FIBROMYALGIA-RELATED CONDITIONS

Face the Pain: The Challenge of Facial Pain

By Wesley Shankland, II, D.D.S., M.S., Ph.D., with James Boyd, D.D.S., and Devin Starlanyl
(Omega Publishing Company, 2000)

Dr. Shankland offers clear explanations of more than two dozen medical/dental conditions which cause pain and other symptoms in the face, head, and neck. He also discusses several benign conditions which can lead to more serious problems. Of particular interest to FM patients are chapters on myofascial pain syndrome, burning mouth syndrome, bruxism, TMJ, and of course, FM, itself. Also included are overviews on trigeminal neuralgia, odontalgia, periodontal pain, neuralgia induced cavitation osteonecrosis, sinusitis, orofacial pain, and a variety of craniofacial pain disorders. Explanations on the clinical features of these disorders are offered in plain language, along with information on diagnosis and treatment approaches. Whether you are trying to narrow down the potential causes of your chronic facial pain or seeking to understand a diagnosis you have already received, this book is an excellent resource. (249 pages, softcover, \$21.95 plus \$2.50 shipping/handling. Order this book and «TMJ: Its Many Faces» (listed below) and pay only \$35.00 plus \$4.00 shipping/handling. Payment may be made by Visa/Mastercard, money orders, or cashier's checks (no personal checks, please). Mail order to: Dr. Wesley Shankland, TMJ & Facial Pain Center, 6011 Cleveland Avenue, Columbus, OH 43231. Fax credit card orders to: 614/794-2291. Order forms are available from Dr. Shankland's website: www.drshankland.com.)

The Interstitial Cystitis Survival Guide

By Robert Moldwin, M.D., F.A.C.S. (Interstitial Cystitis Association, 2001)

This popular new handbook, written by a member of the Medical Advisory Board of the Interstitial Cystitis Association (ICA), contains the latest treatment options for interstitial cystitis (IC) and a variety of effective coping strategies. Included are: (1) How to obtain an accurate diagnosis; (2) Current medications and their side effects; (3) The role of diet and nutrition; (4) Alternative approaches to managing symptoms; (5) How to deal with painful sex; (6) State-of-the-art surgical techniques...and much more. Also included is a chapter, "Support for the IC Patient", by Vicki Ratner, M.D., Founder, President, and Chief Medical Officer of the ICA. (This 236-page handbook usually sells for \$14.95, but the ICA's price to you is only \$12.00 plus shipping/handling. To order, visit the ICA's website at: www.ichelp.org, or call: 800/HELP-ICA.)

Numb Toes and Aching Soles: Coping with Peripheral Neuropathy

By John A. Senneff (MedPress, 1999)

This book is a detailed exploration of the treatments currently available for peripheral neuropathy (PN), a group of often debilitating disorders which occur when sensory or motor nerves in the peripheral nervous system are damaged. After two introductory chapters which consider the symptoms, diagnostic workups, known causes, and the physiological mechanisms involved in PN, Senneff presents the reader with discussions of available treatments. These include traditional prescription drugs and commonly accepted medical procedures as well as alternative treatments (i.e., biofeedback, acupuncture, therapeutic touch, etc.), nutritional therapy (i.e., herbs, vitamins, minerals, and other supplements), and experimental and "unapproved" treatments. A final chapter also offers information on exercise, diet, sleep, foot care, and more. Of special interest are the narratives he has compiled in which PN sufferers relate their personal experiences, both pro and con, with particular medications or treatment approaches. (289 pages. Softbound edition--\$19.95, casebound--\$29.95, plus \$4.00 shipping/

handling. To order, write: MedPress, P.O. Box 691546, San Antonio, TX 78269. Phone: 888/MED-9898. Website: www.medpress.com. All major credit cards accepted.)

Also from John Senneff... *Numb Toes and Other Woes: More on Peripheral Neuropathy* (MedPress, 2001) and *Nutrients For Neuropathy: How To Use Natural Supplements To Treat The Severe Pain And Other Consequences Of Peripheral Neuropathy* (MedPress, 2002).

Taking Control of TMJ: Your Total Wellness Program for Recovering from Temporomandibular Joint Pain, Whiplash, Fibromyalgia, and Related Disorders

By Robert O. Uppgaard, D.D.S. (New Harbinger Publications, 1999)

This 184-page self help guide offers a thorough, reader-friendly introduction to TMJ and discusses its relationship to myofascial pain syndrome, fibromyalgia, and mandibular whiplash. It is particularly useful in providing a set of conservative, gentle exercises (complete with illustrations) to stretch or strengthen the jaw and surrounding muscles. Also included is information on proper posture, diet, general exercise, and stress management. (Softcover, \$14.95. Available at bookstores or online at: www.newharbinger.com.)

SPECIAL TOPICS

Freedom Regained: Female Urinary Incontinence Can Be Overcome

By Jong Choe, M.D. (Anadem Publishing, Inc., 1999)

For years, women have suffered in silence with the dreaded problem of urinary incontinence. Dr. Choe's approach gives the reader a clear understanding of human anatomy in this part of the body, outlining the areas affected and the types of treatments available for each condition. Director of the Continence Center of the University of Cincinnati Medical Center, Dr. Choe is a nationally recognized authority on incontinence and is widely published in academic journals. While there is no mention of fibromyalgia in the book, FM patients will learn what incontinence is, how a diagnostic workup is done, how medications and treatment devices are used, as well as how to manage diet and exercise. For those who require surgery, options are discussed. This book offers clear and concise information in an easy-to-read format which includes 70 drawings and charts. (238 pages, softcover, \$25.20 plus \$3.75 shipping/handling per book. Mail check/money order or Visa/Mastercard information to: Anadem Publishing, Inc., 3620 North High Street, Columbus, OH 43214. Credit card orders may also be placed by phone: 800/633-0055, by fax: 614/262-6630, or via the Anadem website: www.anadem.com.)

DISABILITY

Disability Workbook for Social Security Applicants: Managing Your Application for Social Security Disability Insurance Benefits, Fifth Edition

By Douglas M. Smith, Attorney at Law (Physicians' Disability Services, Inc., 2001)

This valuable workbook answers such questions as: What is Social Security Disability Insurance? How do I prove disability? How do I appeal when benefits are denied? How do I get and organize evidence? How do I monitor my case? How do I respond to continuing disability reviews? Includes worksheets, charts, frequently asked questions, and more. (140 pages, softcover, \$19.95 plus \$4.50 shipping/handling. Send check/money order to: Physicians' Disability Services, Inc., P.O. Box 827, Arnold, MD 21012. Phone: 410/431-5279.)

Also by Doug Smith: *PdS Disability Facts and Social Security Trends*, a quarterly newsletter designed to keep you abreast of changes in the laws, regulations, and policies related to Social Security Disability. Published in newsletter format, it offers insights on proving disability, exploring income-increasing opportunities without losing your benefits, and much more. (\$19.95/year. Send check/money order to: Physicians' Disability Services, Inc., P.O. Box 827, Arnold, MD 21012. Phone: 410/431-5279.)

From Whiplash to Fibromyalgia: A Painful Beginning That Doesn't End

By Mark Pellegrino, M.D (ORC Publishing, 2002)

Fibromyalgia expert Mark Pellegrino, M.D., offers an up-close and careful look at the mechanics of whiplash injuries from the moment of initial impact through the evaluation and treatment of sustained injuries. This discussion is a great boon to the lay reader who would otherwise find wading through the complex scientific and medical articles on the subject very tough going. The book also addresses post-traumatic fibromyalgia which Dr. Pellegrino assures us, "is a specific medical condition that exists regardless of individual physicians' beliefs or opinions". We learn how "the road to PTF travels through acute pain and then chronic pain" and about the significant changes which occur in the autonomic nervous system, the spinal cord, and the brain. Also quite interesting are two short sections dealing with persistent "pain generators" in the body (i.e., muscle triggers, nerve injuries, etc.) and those among the population who tend to be predisposed to PTF. An excellent section on treatment follows. (130 pages, softcover. Available from the NFP's print catalog and Online Store--www.fmpartnership.org. NFP Members--\$18/Non-Members--\$20, shipping/handling included.)

A Practical Guide To Persevering & Winning Your Chronic Pain/Fatigue Disability Case

by Scott Davis, Attorney at Law (National Fibromyalgia Partnership, 2002)

In this new handbook the National Fibromyalgia Partnership has compiled 11 articles by SSDI attorney Scott Davis which provide practical and up-to-date information for persons with FM and CFS: Obtaining Disability Benefits: David vs. Goliath? • How Does Social Security Define "Disability" Anyway? • Social Security Disability: Questions & Answers • Obtaining Social Security Disability: How to Begin the Process • Winning Your Disability Case In Three Words: Frequency, Severity, and Duration • Five Critical Tips To Keep In Mind When Completing Disability Forms • How To Talk With Your Physician About Supporting Your Disability Claim • Winning Your Disability Case With The Help Of Co-Workers, Family Members, And Friends • Why It Is Important To Address Psychological Issues In Your Chronic Pain Disability Case • Winning Your Social Security Disability Claim: 15 Mistakes You Can't Afford To Make • Social Security Increases The Amount Of Money You Can Make Per Month And Still Be Found Disabled. (39 pages, softcover, 8"x11" format. Available from the NFP catalog and Online Store--www.fmpartnership.org. \$8--shipping/handling included.)

STRETCHING & EXERCISE VIDEOS

From the Oregon Fibromyalgia Foundation. Produced by Sharon Clark, Ph.D.

(Cost for tapes listed below: \$30 for first tape; \$44 for two tapes; \$75.00 for three tapes (shipping included). Order online at: www.myalgia.com, or mail your check or Visa/Mastercard information to: Oregon Fibromyalgia Foundation, 1221 S.W. Yamhill, Suite 303, Portland, OR 97205 USA.)

Stretching & Relaxation Tape for Fibromyalgia Patients: This revised program from Sharon Clark, Ph.D., offers a complete stretching program which can even be performed while sitting. Following a warm-up, the video follows four fibromyalgia patients led by a professional exercise instructor. A relaxation session helps you to relax for pain relief and as a sleep aid. A special segment by FM researcher Robert Bennett, M.D., offers an

update on understanding the importance of "pain generators" in fibromyalgia. He demonstrates the treatment of myofascial trigger points and improving range of motion with a FM patient.

Aerobic Exercises for FM Patients with Dr. Sharon Clark: This 45-minute workout designed for individuals with fibromyalgia by exercise physiologist Sharon Clark, Ph.D., includes a complete program of warm-ups, aerobics, cool down, and gentle stretching. The video features professional exercise instructor Janice Hoffman, A.C.E., and includes four FM patients with varying discomfort levels who help demonstrate the exercises. Dr. Clark also provides special exercises for viewers with balance problems. A 10-minute segment by FM researcher Robert Bennett, M.D., explaining why FM patients hurt so much, rounds out this video.

Improving Muscle Tone and Strength: This videotape teaches the proper techniques for improving muscle tone and strength. All major muscle groups are exercised using movements shown to minimize post-exertional pain. The instructor, a professional fitness instructor, provides modifications during each exercise for those with low-back or shoulder problems. Exercises are performed standing, sitting, and lying down and are demonstrated by three fibromyalgia patients. Illustrations of each muscle group are shown so that exercisers can identify the muscles being worked during a particular exercise.

***From Better Life Now, Inc. (Alberta, Canada)
Produced by Dawn Jones, M.Sc., B.Ed., AFLCA***

(Cost for tapes listed below: Each of the two videotapes described is available for \$25.00 plus \$6.00 shipping/handling. Make checks payable to "Better Life Now, Inc." and mail to: P.O. Box 67142, Northland Village PO, Calgary, Alberta T2L 2L2 Canada. For more information, email Dawn Jones at: jonesd@cadvision.com, or visit her website at: www.cadvision.com/jonesd/index.html.)

Stretch for Health: Specially designed for persons with fibromyalgia, chronic fatigue syndrome, arthritis, Parkinson's, and Multiple Sclerosis, this gentle exercise video helps to provide increased flexibility and range of motion as well as encourage a higher energy level and more positive attitude.

Fibromyalgia Exercise Video: This tape, which contains warm-up stretches along with low-impact aerobic exercise, is intended to lessen discomfort; increase energy, strength, flexibility, and endurance; help control weight and lessen depression; and add to your knowledge of fibromyalgia syndrome. The video portrays fibromyalgia patients exercising with Ms. Jones.

A Fibromyalgia Exercise Video Expressly For Kids And Teens!

Low Impact Aerobic Exercise: Produced by Lynn M. Rusy, M.D., Associate Professor of Anesthesiology at the Medical College of Wisconsin and Associate Director of the Jane B. Pettit Pain Management Center at the Children's Hospital of Wisconsin, this terrific 40-minute video offers thorough warm-up, aerobic, and cool-down exercise sessions. Included during each of these sessions are three levels of intensity--low, medium, and high. While paying particularly close attention to the participants' heart rate, the exercise program offers a full workout with easy-to-learn exercise routines. *(For more information, or to order, contact: maxiShare, P.O. Box, 2041, Milwaukee, WI 53201. Phone: 800/444-7747 or 414/266-3428. Fax: 414/266-3443. Website: www.maxishare.com. The product catalog number is 204001. Price: \$24.95 plus \$5.00 shipping/handling. Visa, Mastercard, or personal check/money order accepted--no cash orders. No customer previews are available, however, there is a 30-day money-back guarantee. Shipping/handling is not refundable.)*

From Aquatics Expert Mary Essert, BA, ATRIC (El Cerrito, CA)

Fibromyalgia Waterwork: The #1 video of the "Try Your Best" series, this 45-minute video demonstrates the benefits of waterwork in the management of fibromyalgia, offers precautions, shares resource information, and

outlines progressive water exercise techniques. It is suitable for instructors, therapists, and persons with FM. Educational material is presented in dialogue and slide format. Mary Essert, an experienced fibromyalgia manager, has trained therapists and instructors worldwide to treat persons with FM effectively through waterwork undertaken in progressively graded programs. *(Cost: \$29.95 plus \$4 shipping/handling. Make check/money order payable to: "Essert Assoc." Instructors ordering 12 or more videos may take a 25% discount. Order 24 videos, and get one free. Shipping/handling charges will be billed to you. Mail payment to: Essert Associates at: 3635 Irby Drive, Conway, AR 72934. Videotape orders may also be placed online at: <http://www.maryessert.com/videos.htm>.)*