



# Living Lightly: A Journey Through Chronic Fatigue Syndrome (M.E.)

*Jenny Light*

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## **Living Lightly: A Journey Through Chronic Fatigue Syndrome (M.E.)** Jenny Light

An autobiographical, self-help guide for people with Chronic Fatigue Syndrome (M.E.). This is a light-hearted reflection on the lessons to learnt from the condition and teaches clear techniques on self-healing, breathing techniques, meditation, personal growth, affirmation, positive thinking, supplements and raw-food diet to recover full health.

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