

Chronic Fatigue Syndrome And Depression Are Not The Same Thing!

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Chronic Fatigue Syndrome And Depression Are Not The Same Thing!

By Claire Williams

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by: **Claire Williams**

...and this is perhaps why there are so many myths about it.

But these two conditions are very different!

-----SIDE NOTE-----

If you're depressed, then I urgently recommend that you try a talking therapy of some sort.

To find out what it's like to go through psychotherapy /counselling, visit:

<http://www.sleepydust.net/psychotherapy>

-----SIDE NOTE-----

There are other differences between Chronic Fatigue Syndrome /Fibromyalgia and depression...

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Chronic Fatigue Syndrome And Depression Are Not The Same Thing!

Claire Williams is editor of

sleepydust.net

and has suffered from Post Viral Fatigue Syndrome/ Chronic

Fatigue Syndrome since 1995.

She created '

sleepydust.net

' to help Chronic Fatigue Syndrome and Fibromyalgia sufferers to deal with

the condition – from handling their money worries, to recovering from their illness....

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By Sheri Abrams

1) Was the Diagnosis of Chronic Fatigue Syndrome or Fibromyalgia Made by a Specialist?

4) Was the Client Treated With Physical Therapy and/or Pain Medication?

Chronic Fatigue Syndrome And Depression Are Not The Same Thing!

5) Has the Client Consulted or Been Treated by a Psychiatrist or Therapist?

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