



# Understanding Chronic Fatigue Syndrome: An Empirical Guide to Assessment and Treatment

*Fred Friedberg, Leonard Jason*

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Studies suggest that 500,000 people in the United States suffer from chronic fatigue syndrome (CFS), a severe and debilitating chronic illness of unknown aetiology. Since the 1980s, CFS has yielded a complicated, frustrating picture for researchers, clinicians and patients. Many mental health practitioners are recognizing CFS patients in their practice, although they are not sure how to treat them. This text, authored by two experienced CFS clinician/researchers offers mental health professionals research, informed clinical observations about this puzzling population and a discussion of assessment methods and therapeutic approaches.

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