

**Fighting Fatigue In Multiple Sclerosis:
Practical Ways To Create New Habits And
Increase Your Energy**

By Lowenstein

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<http://www.msfocus.org/article-details.aspx?articleID=48>

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<http://www.bokus.com/bok/9781932603750/fighting-fatigue-in-multiple-sclerosis/>

Fight MS Fatigue: Tips to Help You Stay Active -

Once you learn you have multiple sclerosis (MS), it may take you some time to adjust to your symptoms and to know what to expect from your disease.

<http://www.webmd.com/multiple-sclerosis/guide/fatigue>

Ways to Simplify: Fighting Fatigue in MS - -

Sep 16, 2013 Nancy Lowenstein, author of "Fighting Fatigue in Multiple Sclerosis: Practical Ways to Create New Habits and Increase Your Energy," discusses ways to http://www.youtube.com/watch?v=g_S4JKDFI6Y

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8 Ways to Fight MS Fatigue - Staying Strong With -

8 Ways to Fight MS Fatigue The fatigue you feel when you have multiple sclerosis (MS) differs from everyday tiredness. Here's how to stay energized with MS.

<http://www.everydayhealth.com/health-report/living-well-with-multiple-sclerosis/fight-multiple-sclerosis-fatigue-pictures.aspx>

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<http://www.mscares.org/?page=MultimediaReviews>

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<http://www.webmd.com/multiple-sclerosis/guide/ms-related-fatigue?page=3>

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