Acclaimed Award Winning Author Discusses Solutions For Chronic Pain

Award Winning Author, Guest Speaker, and Holistic Practitioner Shari Emami, discusses her personal journey and viable solutions for fibromyalgia sufferers.

Breaking Free From Pain: From Suffering To Strength, My Own Personal Journey With Fibromyalgia And Healing Modalities

Shari Emami H.H.P.

Burbank, California May 11, 2025 (Issuewire.com**)** - Award Winning, Acclaimed Author, Holistic Practitioner And Guest Speaker Shari Emami shares her harrowing journey of dealing with fibromyalgia. Her book “Breaking Free From Pain: From Suffering To Strength, My Own Personal Journey With Fibromyalgia And Healing Modalities”, entails the ups and downs of dealing with this disabling chronic illness. Fibromyalgia affects many people and it’s estimated to afflict around 4 million Americans alone.

Throughout her journey of self discovery and what it means to be a fibromyalgia warrior, she uncovers the secrets that are oftentimes ignored by medical doctors. Shari Emami has implemented the works of the late biochemist Dr. Paul Eck and her own knowledge of what works and what can help manage fibromyalgia. Her book provides a beacon of hope to those that are suffering or know someone that is. If you're tired of being in pain and want real solutions, you're going to want to read this book.

Shari has spoken at various universities and libraries and offers her expertise in this groundbreaking book. Her work has received various book awards, including Literary Titan, Golden Wizard and Readers House Editors Choice Awards. Author Interview- Shari Emami

Grab A Copy Of The Book On Amazon

Media Contact

Shari Emami Author

*********@gmail.com

Source : Shari Emami HHP

See on IssueWire