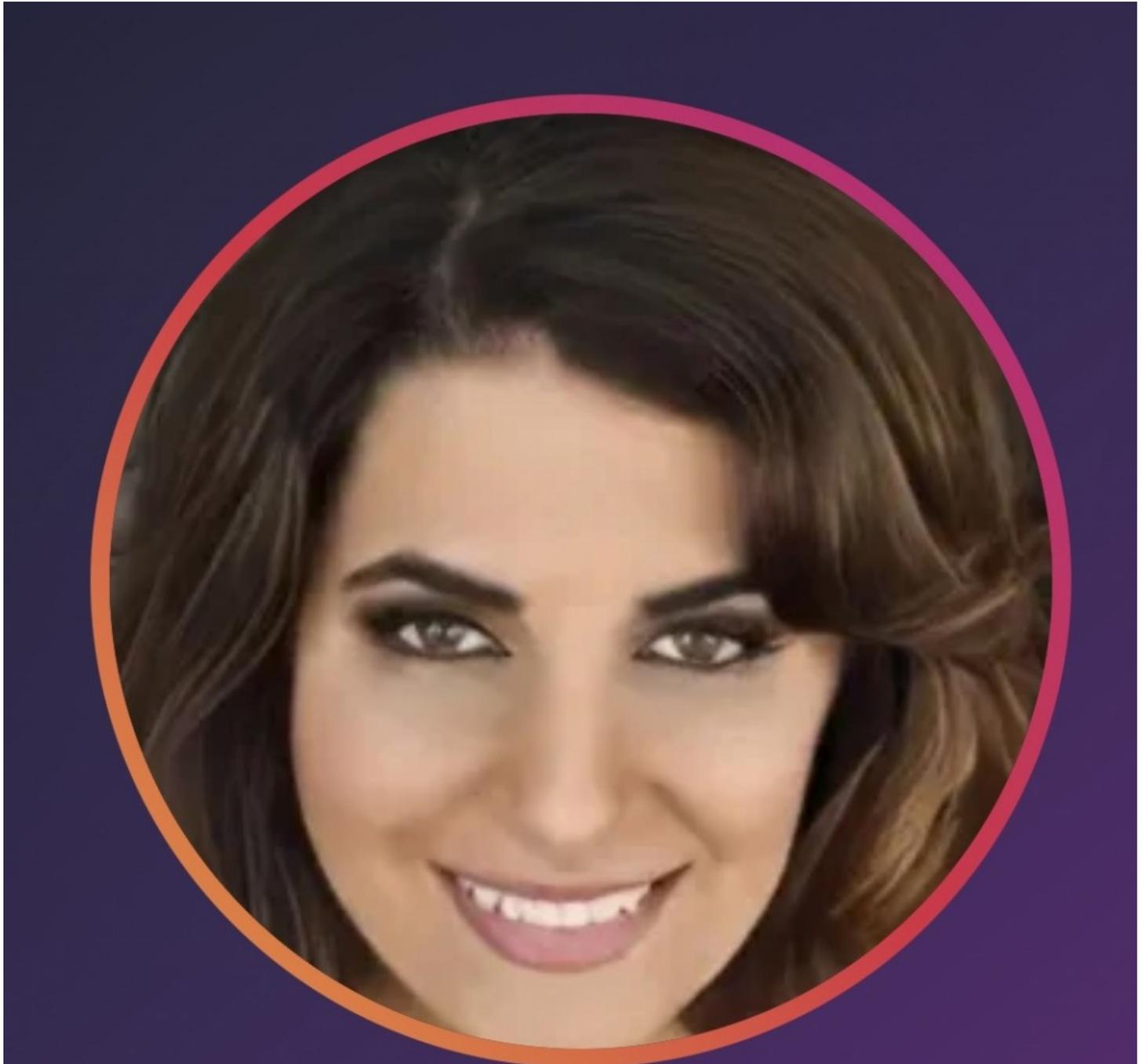


Fibromyalgia Expert And Award Winning Author- Shari Emami, Hits Market



Los Angeles, California Mar 29, 2026 ([Issuewire.com](https://www.issuewire.com)) - With the global fibromyalgia treatment market projected to exceed \$3.3 billion in 2026, a significant shift is occurring: patients are moving away from traditional drug-first approaches in favor of integrated, non-pharmacological care. At the forefront of this movement is Shari Emami, a Board-Certified Holistic Health Practitioner (HHP) and award-winning author, whose book “Breaking Free From Pain From Suffering To Strength, My Own Personal Journey Of Fibromyalgia And Healing Modalities”, is being recognized as the definitive "roadmap" for those seeking a life beyond symptom management.

While top-selling fibromyalgia titles often focus on clinical protocols or general lifestyle tips, Emami's work stands out by offering a verifiable, symptom-free success story sustained since 2016. By combining her personal journey from being bedridden with rigorous training from Harvard Medical School and Johns Hopkins, Emami provides a unique "SME (Subject Matter Expert) + Survivor" perspective that the current \$3B market is demanding.

Why "Breaking Free From Pain" is the Timely Solution for 2026:

- **The 2026 Market Shift:** As pharmaceutical dominance faces rising scrutiny, Emami's book addresses the 2026 trend toward multimodal self-management—the exact strategy now recommended by major international pain guidelines.
- **The "HMA" Edge:** Unlike generic health guides, Emami introduces readers to Hair Mineral Analysis (HMA) and the metabolic principles of Dr. Paul Eck. This data-driven, holistic approach targets the biological root causes of chronic pain rather than masking symptoms.
- **Institutional Authority:** Emami's credentials—including clinical observation in physical therapy and a certificate in Psychological First Aid—ensure her advice is grounded in both physical science and emotional resilience.

"The modern patient is no longer satisfied with 'learning to live with the pain'," says Shari Emami. "They are looking for valid, viable solutions that respect the intersection of mental and physical health. My goal is to provide the toolkit I wish I had when I was suffering."

Critical Acclaim & Recognition:

- **Literary Titan Gold Award:** Honored for its "compelling and raw" narrative.
- **Golden Wizard Book Prize:** Recognized as a premier resource in the health and wellness category.
- **Library & Media Feature:** Highlighted by the Los Angeles Public Library and Aromatika Magazine as a leading voice in patient advocacy.

Breaking Free From Pain is more than a memoir; it is a professional intervention for a global audience ready to reclaim their autonomy from chronic illness.

About Shari Emami:

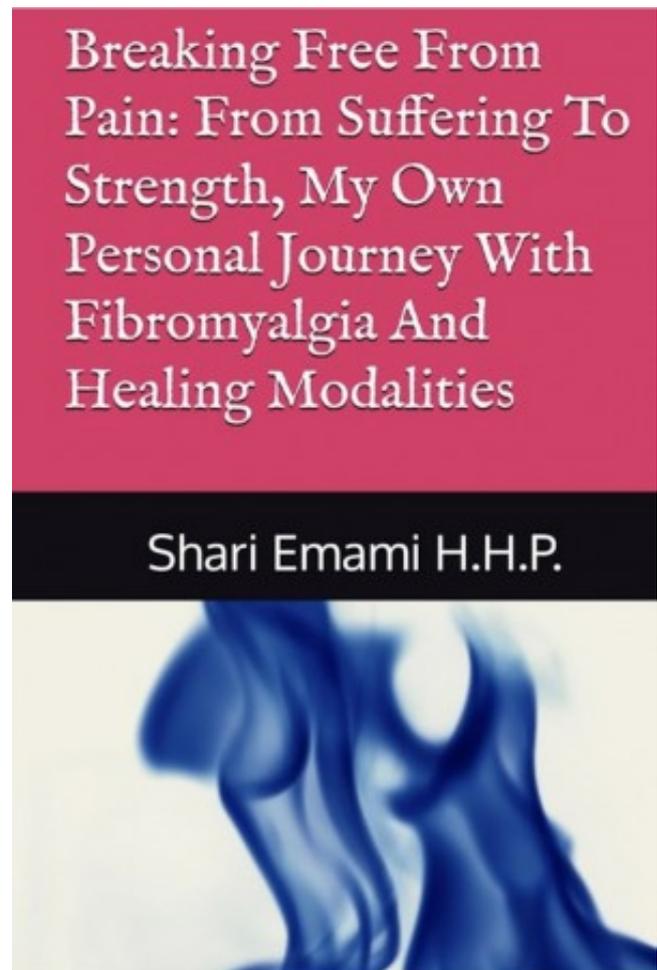
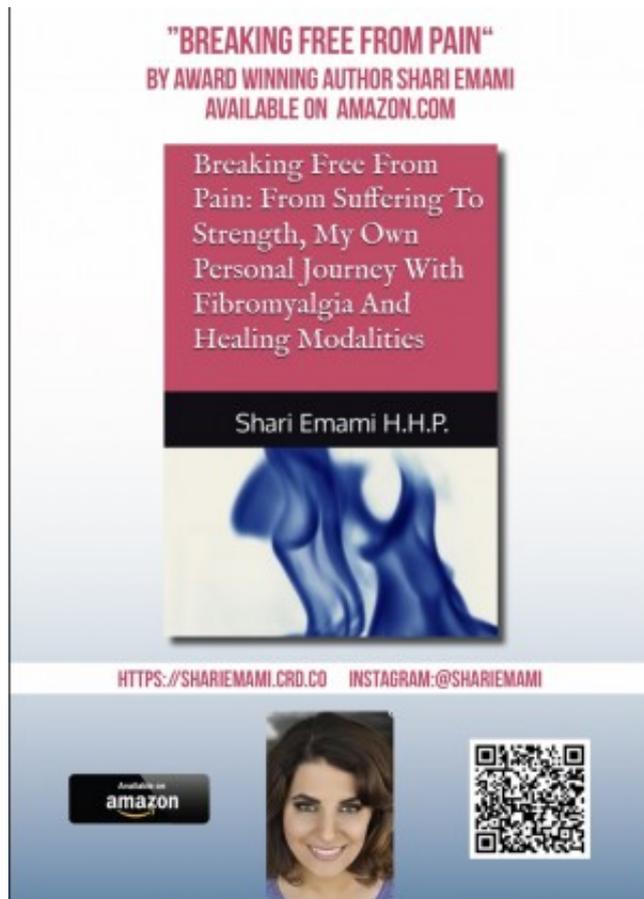
Shari Emami is an award-winning author, Board-Certified Holistic Health Practitioner, and Subject Matter Expert in clinical aromatherapy. A graduate of prestigious programs at Harvard and Johns Hopkins, she is a dedicated disability advocate and executive producer and screenwriter of the upcoming film "Threads Of Fire", which is based off her book "Breaking Free From Pain".

[Official Website](#)

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Watch Shari's Los Angeles Public Library Lecture/Presentation



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