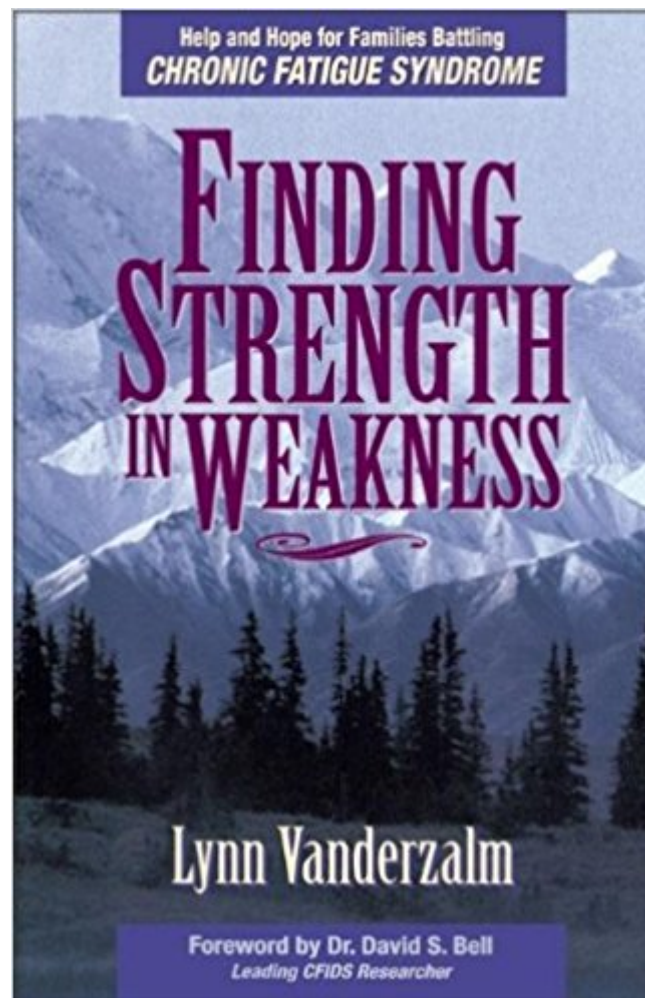




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# Finding Strength In Weakness: Help And Hope For Families Battling Chronic Fatigue Syndrome



## Synopsis

Chronic Fatigue Immune Deficiency Syndrome (CFIDS) is not the 'Yuppie flu.' It is a debilitating, incurable illness that hijacks the body's immune system and drains the life out of its victims, often leaving them incapacitated for years. While researchers around the globe explore the causes of treatments for CFIDS, the men, women and children who suffer with the illness grapple with questions like: -Will I ever be normal again? -Of what value am I now that I can't work or go to school anymore? -How will CFIDS affect my marriage and my family? How will CFIDS affect my ability even to consider marriage or having children? -How do I glorify God in the midst of a debilitating illness and pain? Lynn Vanderzalm and her teenage daughter, Alisa, have battled CFIDS for over seven years. In *Finding Strength in Weakness*, Vanderzalm shares her family's struggles and questions-along with those of 70 other men, women, and children-while offering direction, encouragement, and hope to the countless families who battle with the 'mystery illness of the nineties.'

## Book Information

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## Customer Reviews

Chronic Fatigue Immune Deficiency Syndrome (CFIDS) is not the "Yuppie flu." It is a debilitating, incurable illness that hijacks the body's immune system and drains the life out of its victims, often leaving them incapacitated for years. While researchers around the globe explore the causes of treatments for CFIDS, the men, women and children who suffer with the illness grapple with

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Lynn Vanderzalm, who along with her daughter has struggled with CFIDS for seventeen years, is the author of two books: *Finding Strength in Weakness: Help and Hope for Families Battling Chronic Fatigue Syndrome* (Zondervan) and *Spiritual Sunlight: Meditations for the Chronically Fatigued* (Shaw). Vanderzalm, an editor with Tyndale House Publishers, lives with her husband, Bas, in Portland, Oregon, where they attend a Presbyterian church. The Vanderzalm family, who have been active for more than two decades in Christian relief and development work among the poor, have two grown children.

I've been struggling with fibromyalgia, which has progressively gotten worse for me over the past 5 years. I've found myself going through stages of grief and questioning my faith. How is it possible to find strength in weakness when you can't do anything? This book has helped me to gain perspective over this dilemma. There is a lot of misunderstanding about invisible illnesses in our society. In a society that epitomizes productivity, having an invisible illness that debilitates is akin to being incarcerated. Vanderzalm provides insight and anecdotes from a variety of people who share similar stories. Ultimately she writes how she has grappled with this and made sense of it. I find I still need to grapple further to resolve my own conflicts but Vanderzalm's insights have helped me on my journey.

Super, touching book for any dealing with chronic illness. Strongly recommend.

I learned to accept my condition with peace of mind. I had gone into a bed-ridden condition for over 14 months. During this time despair tried to raise its ugly head. This book helped me to find joy and peace through acceptance and understanding.

I read Finding Strength in Weakness in 1995, and I was so thankful that the Lord put this book in my life, and so very thankful that Lynn wrote it. In 1994 I got the news of being one that had CFIDS\CFS. I had never heard of it until I had gotten very sick, lost lots of weight in one month, and was completely bedridden for quite a while. No one understood it, I lost all my so called friends, and my husband left me. But, somehow the Lord led me to this book, and through it He opened my eyes to the new journey in life that would be mine, with Him forever by my side, we can face everyday, with whatever it brings! Today it is Dec. 2016, and this book is still part of my life as is His word, and Finding Strength in Weakness by Lynn V. was a life saver for in her book it gave me everything that I needed to know to walk my new path and travel this new journey that was to bring many new trials in my life, much pain, loss, sorrow, grief, and death to the life I once knew, to the life I have now. I can accept it without bitterness and have a better life, or accept it with bitterness, and have more sorrow, and pain for the stress of bitterness brings more pain to one's body, for stress will surely kill a person by making them sicker. I thank you Lynn so very much for being obedient to His Word and writing this book while you and your daughter both suffered from CFS, to help others cope with their illness of CFIDS\CFS, may you always be blessed in all the good you do, and your family.

As a pwc(person with CFIDS) I found this book to be the best yet that I have read on the everyday challenges of living with this painfully crippling disability, and how important faith in God is to help deal with the suffering. The author takes us through her experiences with CFIDS and shares her journey, and that of her also-diagnosed teen daughter. She also has included sharings from many others affected with this illness that she has interviewed. I found the chapters on how this illness affects loved ones of the afflicted, and how others, especially the Christian community, can help in practical ways, to be the most basic and helpful information that I have read. This is not a technical manual on CFIDS, but rather a chronicle on how to cope, for both the pwc and the loved ones and community around them. The faith of the author, and of those brave souls willing to share their stories, has given me much hope in my daily living with CFIDS.

PRAISE THE LORD and thank you Lynn for this life line to understanding Chronic Fatigue.

This book was encouraging - good to know you're not alone in the fight against CFS. I wish it was more advice and less stories about all these other people, but it was relatively helpful. Good chapter for spouses.

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Finding Strength in Weakness: Help and Hope for Families Battling Chronic Fatigue Syndrome  
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