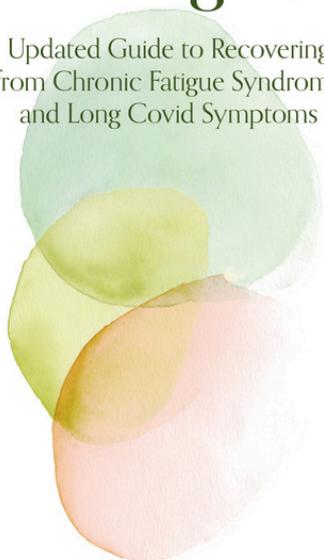


Breaking Free

Updated Guide to Recovering
from Chronic Fatigue Syndrome
and Long Covid Symptoms



Jan Rothney

Breaking Free: Anniversary Edition

Updated Guide to Recovering from Chronic Fatigue Syndrome and Long Covid Symptoms

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- **Major research updates:** First published in 2022 as a pioneering title in Long Covid recovery, *Breaking Free* is now comprehensively updated with over 500 published, peer-reviewed research papers on Long Covid and ME/CFS, building on the book's role as one of the earliest and most influential titles in the field.
- **Proven backlist success:** *Breaking Free* (2022) is Arkbound's highest-selling title, maintaining consistent monthly sales three years post-publication, with sustained international demand and long-tail relevance.
- **Programme-driven sales:** The book is used for *Reset to Thrive*, an internationally successful recovery and nervous-system regulation programme, positioning the text as both a standalone resource and a companion to an established global practice.
- **Accessible redesign:** The Second Edition features fully reworked typesetting following dyslexia-friendly and neurodivergent-inclusive design guidelines, including font choice, spacing, paper colour, and layout.

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ISBN	978-1-911740-10-0
Dimensions	H 203 x W 127
Pages	285
Category	Young Adult Fiction
Thema Codes	VFJB, VFJR
BISAC Codes	HEA039150
Age Range	16+

Fully updated and expanded for 2026, the second edition of *Breaking Free* brings new research and deeper guidance to a trusted recovery resource for Long Covid and ME/CFS.

As a former lecturer in Health and Social Care, a therapist and an experienced practitioner running her own *Reset to Thrive* Recovery Programme, Jan Rothney shares her expertise and first-hand experience about recovering from Chronic Fatigue Syndrome and Long Covid. The book shows why there is so much confusion surrounding these conditions and how they impact on recovery, at a time when the after effects of Covid are being felt across all of society.

Breaking Free allows readers to understand the science behind the symptoms, and learn how to work with the body to rebalance the autonomic system. You will be guided through step by step, at your own pace, and offered techniques to speed up recovery, before being shown what it takes to stay healthy and robust, no matter what challenges life brings. There is no magic: the answer lies within ourselves.

Buzzwords

Long Covid recovery, post-viral fatigue, ME/CFS (myalgic encephalomyelitis), chronic fatigue syndrome, nervous system regulation, dysautonomia, vagus nerve, polyvagal theory, mind-body approach

Readership

Aimed at adult readers living with Long Covid, ME/CFS, and post-viral fatigue, with crossover appeal for clinicians, therapists, advocates and educators seeking evidence-informed, lived-experience-led approaches to recovery and nervous system regulation.

Distribution

Gazelle Book Services
White Cross Mills
Hightown
Lancaster
Lancashire LA1 4XS
www.gazellebookservices.co.uk
sales@gazellebookservices.co.uk
Tel: +44 (0) 1524 528500

Publisher

Arkbound Publishing
4 Rogart Street
Glasgow
G40 2AA
www.Arkbound.com
hello@arkbound.com
bridget@arkbound.com