

*Tender Points*, by Amy Berkowitz

rev by Michelle Wilkison

Timeless, Infinite Light Small Press

*Tender Points*, by Amy Berkowitz was published on June 20th, 2015 by Timeless, Infinite Light Small Press. *Tender Points* is a non-fiction feminist memoir about having fibromyalgia. There are mixed tones of sadness, anger, and humor. Berkowitz goes into detail of her struggles with this disease, the chronic pain she endured, and her experiences of sexual abuse. She tells her raw, tragic story with powerful, thought provoking language.

Berkowitz's extensive knowledge is on display within this memoir. She discusses a variety of subjects branching from music, pop culture, and literature to real life experiences. Berkowitz shares how unfair women are treated by the medical industry, despite 90% of people with fibromyalgia are women. Her book reads like prose. The structure is divided into different vignettes that are very nonlinear. The tones of distress, frustration, pain and anger illustrate the impactful emotions the chronic pain brings, "When I ask myself to describe my pain, the first thing that comes to mind is this: 'Woke up stiff like a coyote with rheumatism'." Berkowitz discusses her pain openly and describes it with vivid imagery.

Berkowitz also often uses repetition to reiterate an idea and add power to her words: "I hate the Spoon Theory because we love it so much. I hate the Spoon Theory because we settled for it. I hate the Spoon Theory because we deserve better."

Everyone would enjoy this memoir. Beyond being a must-read to spread awareness of the particular challenges of fibromyalgia, the emotional impact will resonate in ways that any reader can relate to.