

Author Bio

Sue Ingebretson

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Sue Ingebretson grew up in Thor, Iowa population 198. Sue's father was a pastor and a researcher who also taught religion and philosophy at a small university. Being the child of a pastor in a tiny town felt both claustrophobic and comforting, she knew everyone, and they knew her. Sue spent most of her time reading and in the summer she could be found up a tree with an Encyclopedia or the World Book! In Fifth grade, Sue received in the mail a Christmas card catalog with incentives to earn great prizes. Even though she was told, "no one will buy," Sue triumphed. As she earned herself a queen's ransom in prizes her entrepreneurial spirit was born. Sue's tenacious nature has served her all her life and is exemplified by this belief, "I didn't know I could do it, and I succeeded anyway!" Sue has exercised this belief by raising her children, reclaiming her health, and successfully selling her book *FibroWHYalgia*.

Ingebretson's Christian faith has always played a lion's share in her family life and public work. For years she felt divinely led to write *FibroWHYalgia*, yet she lacked the faith to accomplish her dream. In church one day, Sue finally recognized that the urgent need to share health and healing information wasn't about a personal message - she is simply the vessel for that inspiration. Ingebretson states, "I tell everyone that I'm thankful for my chronic illness and know that I wouldn't have learned the lessons that I needed to learn any other way." Sue's story-telling and researching tendencies come naturally and are evident in *FibroWHYalgia*. Sue's workshops and seminars are both fun and informative. Her natural inclination to use applicable and easy to understand metaphors comes from a lifetime of listening to her father's sermons.

Sue Ingebretson is the author of *FibroWHYalgis: Why Rebuilding the Ten Root Causes of Chronic Wellness Restores Chronic Wellness*. Ingebretson has been studying health issues and fibromyalgia in particular, for fourteen years. She is a Holistic Health Counselor, and offers individual coaching services. Committed to helping others afflicted with chronic illness, she serves as the director of program development for the Fibromyalgia and Chronic Pain Research and Education Center at California State University, Fullerton. Sue has collaborated in an assortment of community education projects with local support groups and the National Fibromyalgia Association (NFA) to promote education and understanding of chronic illness. Sue's writing has appeared in various magazines including *FibromyalgiaAWARE*, *Fibromyalgia Alternative News* and she was featured in the March 2011 issue of *FIRST for Women*. At recent women's retreats Sue has presented, "*Label & Fables: How our Thoughts Can Keep Us from Living the Life we Desire*", and *Get Healthy Now – Body & Spirit*.

Sue feels she is lucky to have three diverse and talented children. As a single parent, finances were tight yet Sue still found ways to schedule her work around her children. Currently Sue absolutely loves being a Nana and laughs, "I'm lucky to have been in the delivery room with both of my grandchildren!" Today Sue says her life is "Fabulous!" Her husband, Jim, cheers her on. However her most loyal fan is Pup, her Shetland Sheep Dog who curls up at her feet everyday offering support. Ingebretson's publisher, NorseHorse Press, will soon release "*FibroWHYalgia: The Workbook*. When she isn't writing, or coaching, Sue is a frequent guest on radio and TV as well as a presenter for conferences and retreats.