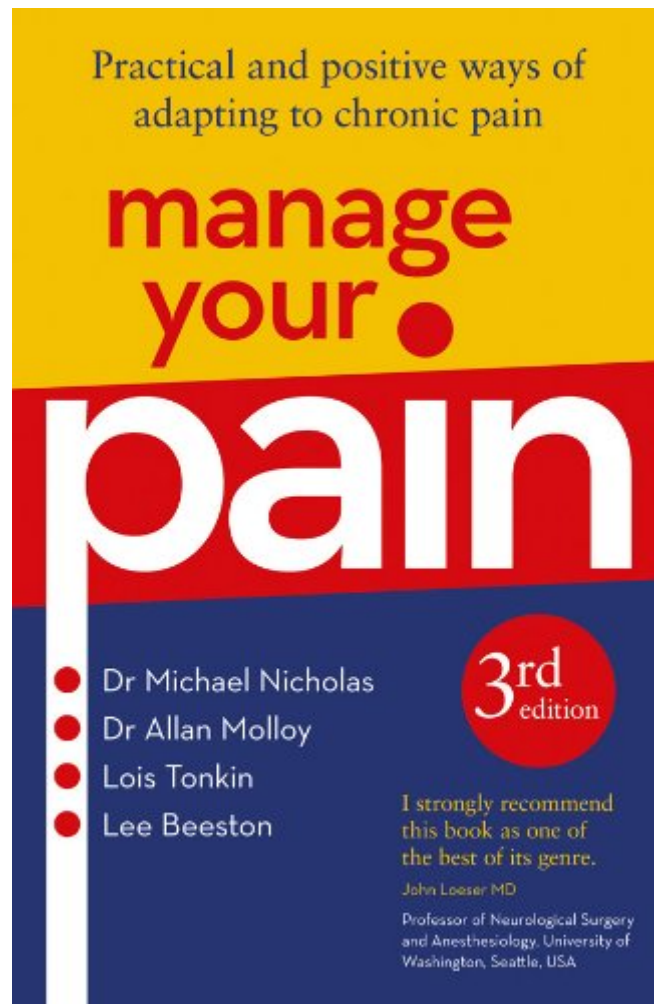


The book was found

# Manage Your Pain 3rd Edition



## Synopsis

Practical and positive ways of adapting to chronic pain. Chronic pain has been described as a silent epidemic. More than one in ten people - over ten per cent of the population - suffer from persisting pain. Over the last month, how often have you: 1. taken pain killers so you could do something you know would stir up your pain? 2. completed a task, regardless of pain, then 'paid' for it later with more pain? 3. found that pain is interfering with your sleep, work, sport and social activities? 4. had one or more long rest periods during the day because of your pain? 5. felt you cannot go on as your pain gets worse 6. worried that your doctors have 'missed something'? 7. been told to 'live with the pain' but not shown how to do it? If you answered 'yes' to any of these questions, then **MANAGE YOUR PAIN** will help to improve your life. All too frequently, chronic pain cannot be successfully treated - and drugs are not always the answer. But the combination of approaches provided by **MANAGE YOUR PAIN** can help you learn to minimise the impact of pain, and put persisting pain where it belongs - in the background of your life.

## Book Information

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## Customer Reviews

Pain debilitates many people and often as a result they can feel helpless before its apparently

relentless influence on their lives. Without promising unrealistic results, this book provides some of the best empirically based data and practical advice on how to regain a sense of control over the pain experience. This will not eliminate the pain but it will help people to understand that they do not have to be the victims of pain.

I found this book very informative and full of good ideas on things to do when having good and bad days with pain. I also liked the stretches/exercise were very helpful building up body strenght

This book provides a straightforward and informative range of evidence based strategies to manage chronic pain. It has assisted me to take control over my pain.

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