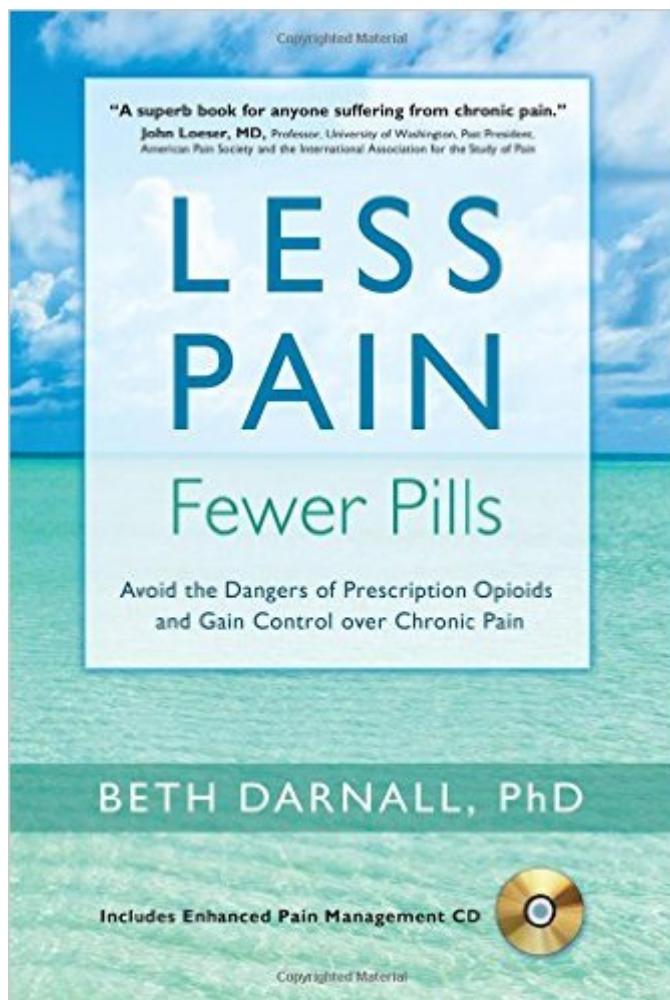


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# Less Pain, Fewer Pills: Avoid The Dangers Of Prescription Opioids And Gain Control Over Chronic Pain



## **Synopsis**

Chronic pain is a common medical problem shared by roughly 100 million Americans-close to one third of the U.S. population. In the past few decades there has been an alarming trend of using prescription opioids to treat chronic pain. But these opioids-the main prescribed analgesic-come with hidden costs, and this book reveals the ramifications of their use and provides a low or no-risk alternative. Armed with the right information, you can make informed decisions about your pain care. By appreciating the risks and limitations of prescription opioids, and by learning to reduce your own pain and suffering, you will gain control over your health and well-being. Each copy includes Beth Darnall's new binaural relaxation CD, Enhanced Pain Management.

## **Book Information**

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## **Customer Reviews**

Less Pain is an excellent resource and guide for those of us suffering with chronic pain. Dr. Darnall carefully walks you through the costs and benefits of prescription opioids for managing chronic pain as well as offers effective and practical tools that anyone can use. She cites the latest research on pain's mind-body connection and you can tell she genuinely cares for her patients. She frequently uses real-life examples that we can all relate to throughout her book, making the concepts easy to understand and use. I highly recommend this book to anyone who is in pain and is on any level of opioid medication. You will find Less Pain validating and informative in your health care decisions.

As a pharmacist specializing in chronic pain management, I found this book to be full of useful,

current evidence that can help the chronic pain sufferer gain more control over their condition. She hits everything on the money in this book! Easy to understand and it's easy to tell that she has extensive experience in our field. Pain psychology is sometimes forgotten about, and should be a first line treatment. This is a great option for those of you who cannot afford trips to a psychologist trained in this field or who have lack of resources in your area. I will be recommending this book to all of my colleagues and patients.

My true rating would be 3.5. The first half of the book is a well detailed explanation of the dangers of opioids. I knew most of this, and was really interested in the more prominent part of the title "Less Pain." For that she has one main remedy -- developing an automatic relaxation response to pain flares and recognizing how one's mind can catastrophize pain. I think the way she presented it was persuasive, and I have begun adopting it in my own self-treatment of chronic pain. The downgrading of the book is because it is so one-sided against medication and has no discussion of the host of other pain management remedies out there. There is no discussion of the synthetic opioid Tramadol, which I have used with some success and which my pain clinic uses. It is lower in strength than the typical controlled substance pill and arguably not very addictive. (One does have to wean oneself off of it but when I used it for a few months I weaned off it in about a week.) She also does not discuss the use of medical marijuana. That is a developing topic, and there does not seem to be firm evidence one way or the other (outside of the stubborn "no effect on pain" conclusions of the anti-drug crowd. At the least she could have summarized what the current approaches are with the drug, but perhaps that would have cut against her agenda. I was also surprised that there was nothing about other natural therapies, such as the proper use of ice and heat, stretching, distraction, and therapeutic massage. I felt like she should have surveyed what is being used in a variety of pain management clinics. So at first I was upbeat about the book, but in the end it came across as more of a "Just Say No to Drugs" book. However, the idea of focusing on relaxation as an automatic response is well said.

Very helpful book for pain sufferers who like myself, choose to use complementary methods to avoid narcotic use altogether. Also check out Belleruth Naparstek's guided imagery CDs on this site for PAIN. Excellent.

As one of over 115 million Americans who lives with chronic pain and a chronic illness, Beth Darnall's book is the best I have read since Elizabeth Scarry's definitive work "The Body in Pain". As

Scarry noted, "physical pain does not simply resist language, but actively destroys it." Beth Darnell has written a brave and engaging book. She investigated the questions that we must ask as patients living in chronic pain. I found the chapters about opioids to be informative and well researched. I do hope that every person living with pain will read this book. Ms. Darnell has created a masterfully written book on the difficult and confusing subject of pain.

I was delighted to get this book. I was able to read it within 48 hours. It is the most practical book I have read on the topic. Well done. In fact the information and recommendations offered in the book should be part of a curriculum for all physicians who prescribe opioids. This is an unsolicited review.

The book has been a real life saver for me as I work through my pain crisis. The CD makes me slow down, go inward, and empowers me to deal with my pain in a very safe and relaxing environment. I would recommend it to anyone who is dealing with pain and wants to have more control by empowering themselves!

Definitely saved from a PCP who didn't know what she was doing when tapering a patient off of pain meds. The patient having been on the meds for years, not months. I first discovered Dr. Darnall when I stumbled across a video interview of her by Phillepe SHOCK Mathews, DJ, titled Prince Could Have Been Saved: [...]

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