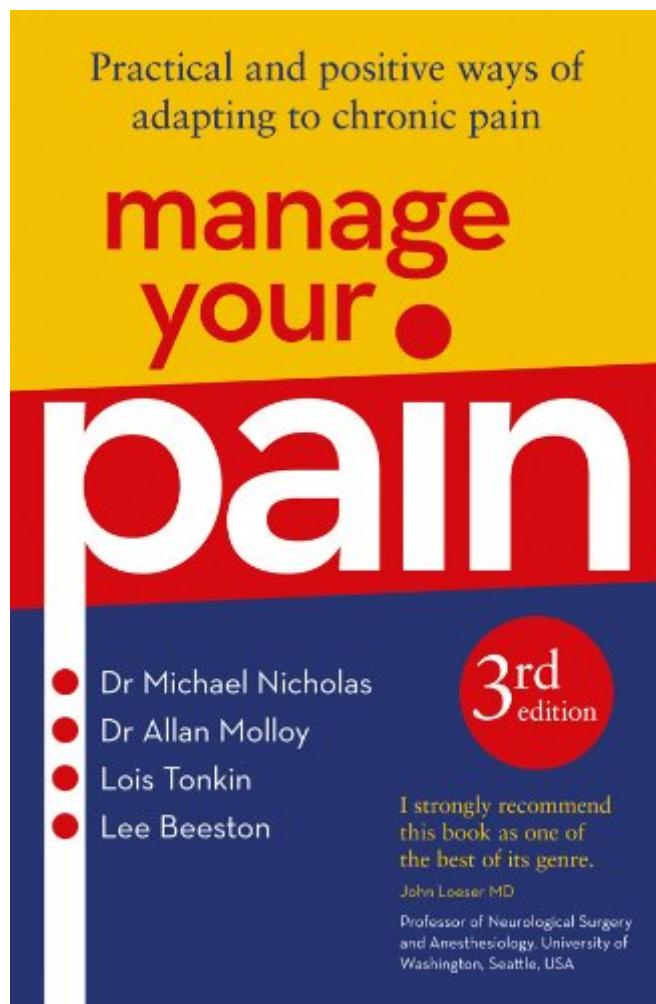


The book was found

# 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**

File Size: 4453 KB

Print Length: 272 pages

Publisher: ABC Books; 03 edition (November 1, 2011)

Publication Date: November 1, 2011

Sold by:Â HarperCollins Publishers

Language: English

ASIN: B005TFVNJ8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #661,615 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #139

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #44845

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting #245850 inÂ Kindle Store > Kindle eBooks > Nonfiction

## **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 strength

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.

[Download to continue reading...](#)

Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Manage Your Pain 3rd Edition Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) The Arthritis Handbook: Improve Your Health and Manage the Pain of Osteoarthritis (A DiaMedica Guide to Optimum Wellness) Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Developing Your Video Poker Money Management System: How To Manage Your Video Poker Play To Enhance Your Income (or to cover your a\*\*!) Headache Relief for Women: How You Can Manage and Prevent Pain Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) Live Your Life, Not Your Diagnosis: How to Manage Stress and Live Well with Multiple Sclerosis Anxious in Love: How to Manage Your Anxiety, Reduce Conflict, and Reconnect with Your Partner The Divorce Dance: Protect Your Money, Manage Your Emotions & Understand The Legal Issues Meditation: Complete Beginners

Guide on How to Awaken Your Mind With Techniques that Will Relieve Stress, Manage Anger, and Find Inner Peace and ... Your Fear and Anxiety With Daily Meditation) Superhuman Focus: How to Beat Procrastination, Manage Your Time, and Double Your Output Superhuman Focus: How to Beat Procrastination, Manage Your Time, and Double Your Output - GET MORE DONE. Anti-Inflammatory Diet: The Ultimate Beginners Guide to Eliminate Body Pain and Restore Your Overall Health By Eating Foods Designed For You (Anti-Inflammatory ... Pain Free, Anti-Inflammatory Recipies)

[Dmca](#)