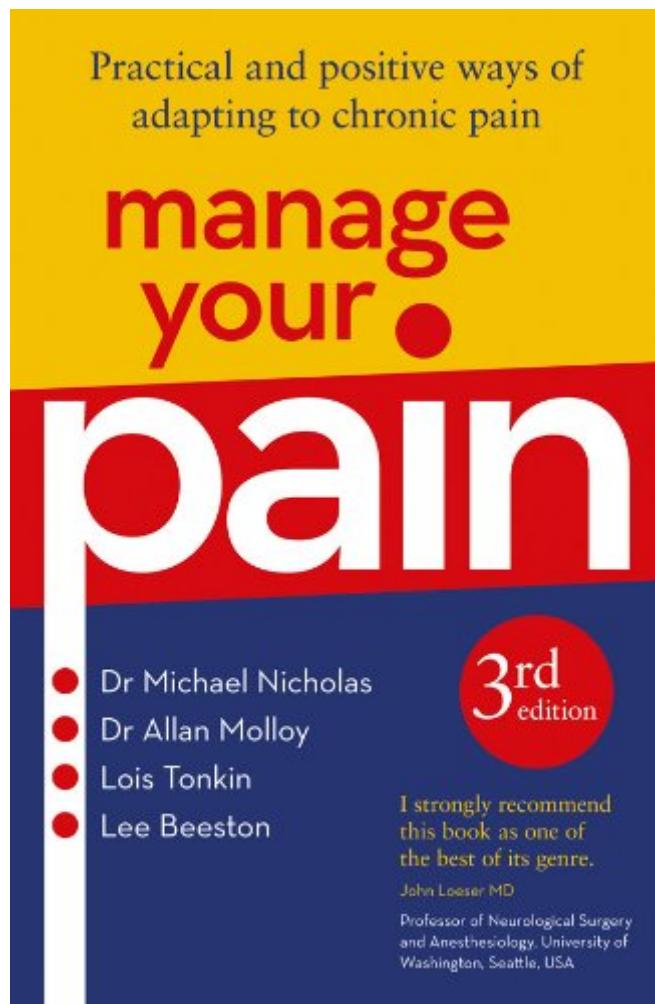


The book was found

# 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.

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.

Very helpful.

Fabulous book - must read for all members of the family for complete understanding and empathy .

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

Being an Australian book was a plus. The suggestions and plans were first rate and I recommend it to anyone with chronic pain

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Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) 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) Manage Your Pain 3rd Edition PAIN: SOFTENING THE SENSATIONS -- Deep Relaxation/Meditation, Guided Imagery Affirmations Proven to Relieve, Reduce, Manage Chronic and Acute Pain ... CD/Booklet) (Relax Into Healing Series) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) 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) MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana,

Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Pain by The Authors of Pain: The debut poetry collection from WWE tag team and literary powerhouse The Authors of Pain. The Arthritis Handbook: Improve Your Health and Manage the Pain of Osteoarthritis (A DiaMedica Guide to Optimum Wellness) Manage Your Day-to-Day: Build Your Routine, Find Your Focus, and Sharpen Your Creative Mind (The 99U Book Series) Manage Your Day-to-Day: Build Your Routine, Find Your Focus, and Sharpen Your Creative Mind Pilates and Lifestyle with Foreword by Julian Clary: Pilates (flat abs, help back pain), lose weight, manage stress, quit smoking Headache Relief for Women: How You Can Manage and Prevent Pain Get Rid of the Pain in Your Butt NOW! Pain Relief For Your Back, Legs, Knees, Feet & Sciatica Heal Your Pain Now: The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life

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