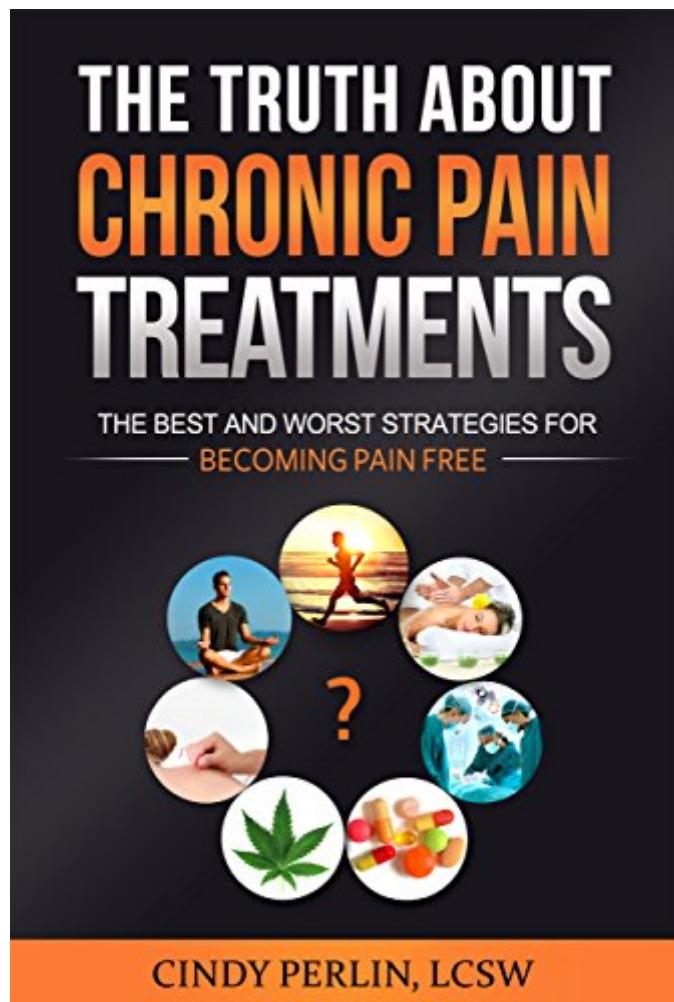


The book was found

The Truth About Chronic Pain Treatments: The Best And Worst Strategies For Becoming Pain Free



Synopsis

Don't let your doctor talk you into unnecessary surgery or dangerous drugs to treat your chronic pain. There are safer, more effective ways to achieve relief from your suffering. This book is a guide to the treatments that will lead you to a pain-free life. The average physician receives less than two hours of education about pain management in medical school. Most admit privately that they don't feel competent to treat pain patients. With this book, for less than the cost of a primary care visit co-pay, you will have all the information you need to choose the right treatments for you. If you are one of the 116 million Americans in chronic pain, READ THIS BOOK! YOU CAN HEAL YOUR PAIN!

Book Information

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Customer Reviews

No one has to suffer, yet pain is inevitable. "How can I get rid of this pain?" is a question I am often asked as an ER doctor. "Can this patient handle the truth?" is the question I ask myself. The Truth About Chronic Pain Treatments is a hard pill to swallow – it's complicated and the timing has to be right. This do-it-yourself manual requires self-awareness, discipline and patience. Who has time and energy for pain relief? Truthfully, only those who value quality of life. As Cindy

Perlin tediously outlines in this encyclopedia of pain management, there is no quick fix or one size fits all. In fact, there are probably more treatments available in this book than lifetimes to truly benefit from their experience. Nevertheless, the message of the book is clear: Pain management is what you make it – doctor prescribed, self-care or endless suffering. People who claim that they cannot manage their pain, have no excuse now. Pick up this book, open your mind, and be perceptive. The Truth About Chronic Pain Treatments is well-researched, cites evidence-based medicine and provides numerous examples of patients' stories. My recommendation is for you (the reader) to identify with one patient's story that provides an example to follow - visualize the end point of pain relief from the beginning of insufferable pain. Begin the treatment in earnest, realizing that transformation happens when you show up, practice routinely and stick to your commitment. The mind-body connection that Ms. Perlin addresses wholeheartedly through each page of the book hits me in the eye as a reminder. • There is a tug of war that occurs in pain management between the mind and body.

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