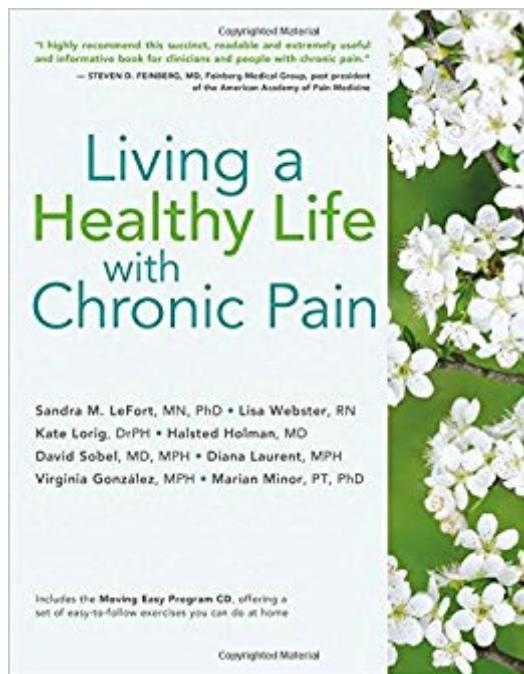


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# Living A Healthy Life With Chronic Pain



## **Synopsis**

Chronic pain includes many types of conditions from a variety of causes. This book is designed to help those suffering from chronic pain learn to better manage pain so they can get on with living a satisfying, fulfilling life. This resource stresses four concepts: each person with chronic pain is unique, and there is no one treatment or approach that is right for everybody; there are many things people with chronic pain can do to feel better and become more active and involved in life; with knowledge and experimentation, each individual is the best judge of which self-management tools and techniques are best for him or her; and, the responsibility for managing chronic pain on a daily basis rests with the individual and no one else. Acknowledging that overcoming chronic pain is a daily challenge, this workbook provides readers with the tools to overcome that test. A Moving Easy Program CD, which offers a set of easy-to-follow exercises that can be performed at home, is also included.

## **Book Information**

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## **Customer Reviews**

Sandra LeFort, MN, PhD, is Professor Emeritus at Memorial University in Newfoundland, Canada where she teaches and continues to do research in pain. She lives in St. John's, Newfoundland. Lisa Webster, RN, is the clinical manager of Pain Management Centre at Hamilton General Hospital. She lives in Hamilton, Ontario. Kate Lorig, DrPH, is the director and an associate professor at the Stanford University School of Medicine's Patient Education Research Center. She lives in Mountain View, California. Halsted Holman, MD, is a professor of medicine at

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This book is used in chronic pain clinics in NZ and USA. It is invaluable for anyone suffering from long term pain. For greater benefit use in conjunction with clinic/group situation. It is then a great reference book to maintain the benefits you have gained.

Great condition for a used book. Content very meaningful and helpful. Don't let pain control your love life. Learn to self manage; discover you are not alone with depression and despair.

This is an excellent book for a person in chronic pain. It has taught me a lot of different things about my life with chronic pain. I have even showed my pain management and family doctors.

This book helps me by explaining a lot so I can understand it, I thank my PT DR for recommending this book to me for part of my healing process so thank you.

This is a wonderful resource for anyone who lives with or loves someone who lives with Chronic pain!

Some awesome tips on how to live a healthier life

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Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback 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) MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Living a Healthy Life with Chronic Pain Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) You, Pain Free: 6 Keys to Break Free of Chronic Pain and Get Your Life Back Pain Free for Life: The 6-Week Cure for Chronic Pain--Without Surgery or Drugs Coping with Chronic Illness: \*Neck and Back Pain \*Migraines \*Arthritis \*Fibromyalgia\*Chronic Fatigue \*And Other Invisible Illnesses Pain Free: A Revolutionary Method for Stopping Chronic Pain The Truth About Chronic Pain Treatments: The Best and Worst Strategies for Becoming Pain Free No Grain, No Pain: A 30-Day Diet for Eliminating the Root Cause of Chronic Pain Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series)

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