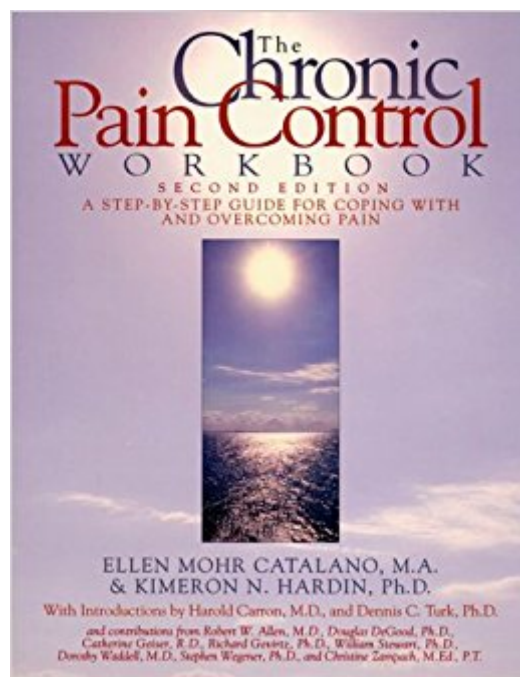




The book was found

# The Chronic Pain Control Workbook: A Step-By-Step Guide For Coping With And Overcoming Pain (New Harbinger Workbooks)



## Synopsis

The authors of this comprehensive guide bring together the expertise of an eight-person team of medical doctors, psychologists, educators, and therapists--specialists in all areas of chronic pain management.

## Book Information

Paperback: 250 pages

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## Customer Reviews

>From psychological techniques for managing chronic pain to understanding sleep and nutritional needs and challenges during the process, this provides a workbook in its revised second edition to explore the basics of therapies and control measures. Chapters explain and expose the influences of mental strengthening exercises in the process. -- Midwest Book Review

The Chronic Pain Control Workbook is by far the best of its kind. It truly will walk a chronic pain sufferer through a step-by-step program that, if followed consistently, WILL improve the quality of the chronic sufferer's life. I have used it successfully with thousands of patients. HOWEVER, the book is now out-of-print (for some unfathomable reason that neither the publisher nor the authors care to explain) and I am seeing extreme price gouging! Don't fall for it and do not pay exorbitant prices for a book that's listed at \$17.95. If you can't find a used one for a reasonable price, "The Relaxation & Stress Reduction Workbook (2000, 5th edition, also by New Harbinger Publications) by M. Davis, Elizabeth Eshelman, and Matthew McKay - ISBN: 1572242140 covers almost all the topics just as well as the Pain Control Workbook does. What's missing are the chapters on

medications, theories of pain, and vocational issues, but these are covered quite well elsewhere. The Relax workbook is available for list price of \$19.95, but I have seen it used for as little as \$10. A MUCH saner way to go!

I found the book too large to complete and to carry. If you have the time it may be worth.

I didn't find this book helpful; it doesn't seem current. I feel it was a waste of money and time. It really doesn't deserve one star. A book I did find helpful: "Resilience" by Eric Greitens. I also found help w self-hypnosis books/mp3.

Arrived within the period of time promised. Delivered in to my mail box. Well done. Thank you.

I bought this book before checking the publication date. Some of the info is relavent, but most of it misses the mark with the current epidemic of pain med addiction.

I have glanced through this book and when able will be working my way through it. Looks like it has a lot of good information that may be helpful to me.

has a lot of info

I have used this book for nine years in working with individuals with chronic pain. It is skills-based, and it covers most of the important aspects of psychological treatment of pain. If you cannot get this book, try 10 Simple Solutions to Chronic Pain in addition to The Relaxation & Stress Reduction Workbook.

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