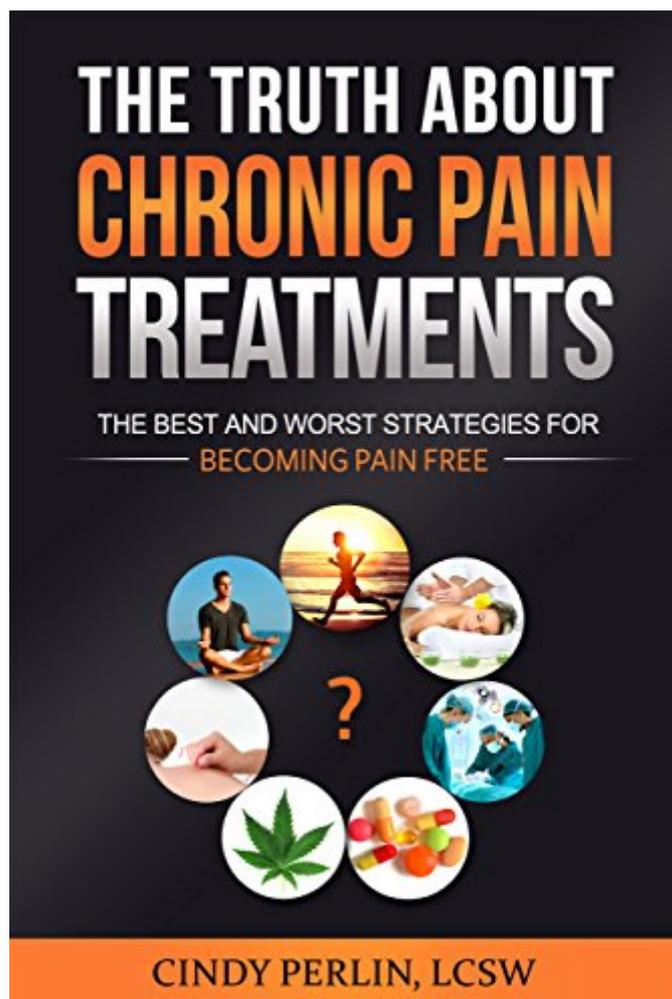


The book was found

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

File Size: 1399 KB

Print Length: 244 pages

Publisher: Morning Light Books, LLC (September 30, 2015)

Publication Date: September 30, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B0160UEQB2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #295,961 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #194

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #472 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #93600 inÂ Kindle Store > Kindle eBooks > Nonfiction

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 – resistance. – There is a tug of war that occurs in pain management between the mind and body.

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

The Truth About Chronic Pain Treatments: The Best and Worst Strategies for Becoming Pain Free
Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness
The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free
Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue)
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)
WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1)
Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber
Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre
Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs
Brain Inflammation in Chronic Pain, 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 Matched Betting: 20 No lose Strategies To Make Free Money Fast (Matched Betting offers, betting deals, free matched bet, matched free bet, bet matching) ... betting, matched betting free bets Book 1) Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach: Workbook (Treatments That Work) DIABETES: The Worst 20 Foods For Diabetes To Eat And the Best 20 Diabetic Food List, Meals And Diabetes Menus To Lower Your Blood Sugar (HOT FREE BONUS ... Diet,smart blood sugar,sugar detox) Pain Free for Life: The 6-Week Cure for Chronic Pain--Without Surgery or Drugs

[Dmca](#)