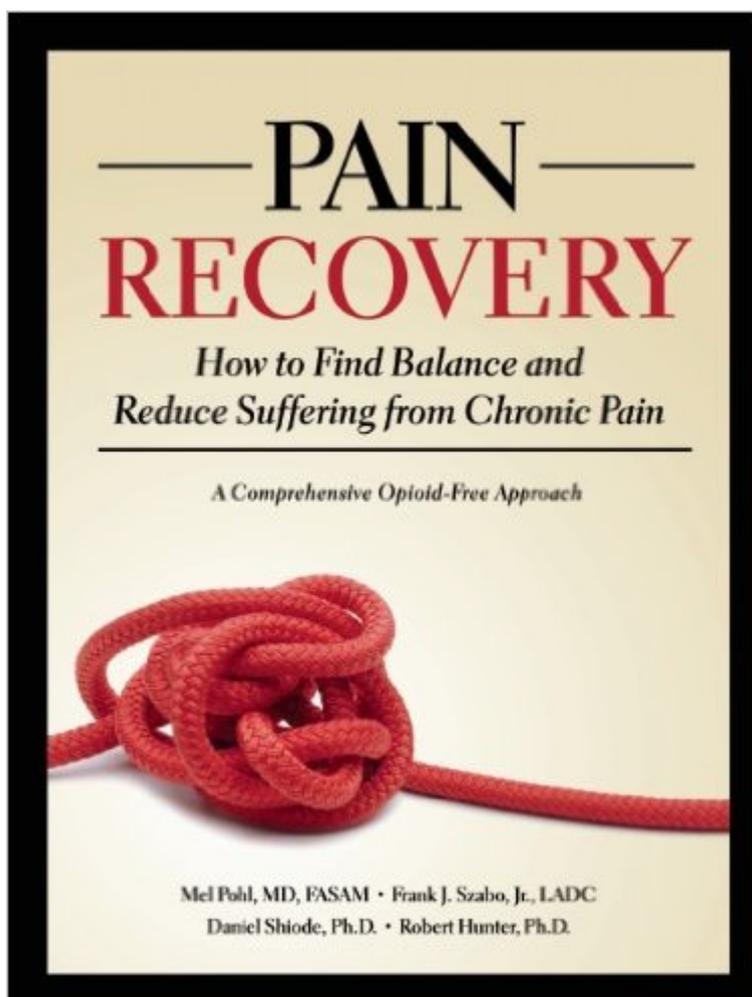


The book was found

# Pain Recovery: How To Find Balance And Reduce Suffering From Chronic Pain



## Synopsis

Written by a distinguished team of authors experienced in various areas of chronic pain management and addiction treatment, this comprehensive workbook was developed for anyone struggling with chronic pain and dependence on opioids or other painkillers. Based on a program that has proven highly successful in a treatment setting.

## Book Information

Paperback: 200 pages

Publisher: Central Recovery Press; 1 Workbook edition (June 1, 2009)

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Product Dimensions: 8.3 x 0.6 x 10.7 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #96,541 in Books (See Top 100 in Books) #14 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain](#) #123 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency](#) #149 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

## Customer Reviews

I have suffered with spinal problems for a long time. I got addicted to prescribed opiates due to the problem. (The pain is 90% better OFF the pain meds!) Dr. Pohl was due to speak at an event near where I live. I got the book to see if it could help. It did! Many of the concepts in the book have worked well for me. Chronic pain is an issue suffered by many. This book helped me in a big way.

Potentially addictive pain medications do not have to be the "be-all and end-all" of pain management. Stronger and stronger medications and increased dosages may lead to addiction, plus have decreasing effectiveness; withdrawal can be agonizing. This physician's book offers diverse options for the management of pain. They do require some self-discipline/practice, but the options can be very helpful, with improving effects over time. Increased relaxation with less physical and emotional tension seems like a great alternative to addiction. This author has significant pain management treatment experience in a rehabilitation setting. Recommended.

After 6 surgeries, chronic pain and 9 years on pain meds I was done. This book (and Ashley Treatment Center) set me on a path where I feel more alive and in less pain. It's been hard. Who would have thought detoxing off doctor prescribed meds could be such hell?! Thank God though, the daily, level 7 pain I lived with is down to a 2-3 (with NO narcotics)! Recovery began here. I'm learning a new way of dealing with pain - rather than curse it, or reach for a pill, to somehow use what I've learned to work through the anxiety. And this book was one of the practical tools - especially when I wrote out my answers in the workbook. Frankly, it's been a wake up call. I was numbing my pain - which was separating me from relationships with others and the God of my understanding. Thankfully, I am slowly reconnecting with my own heart as well as those I love.

Good book for those needing help and just starting out in their journey with chronic pain. I found it talked much too much about addiction and not as much as I wish to learn about chronic pain. I understand the two can go hand-in-hand for so many but it became somewhat tedious if this is not an issue for you. Unfortunately, I have already after 20 years discovered 90% of what this book recommended and I could have taught them some more. I HIGHLY RECOMMENDED this book if you are new or are struggling with ANY chronic pain issues. These Doctors have found some wonderful solutions for you but only if you decide to apply them to your life.

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Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammation) 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 Self-help  
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Cycle of Chronic Pain (Yale University Press Health & Wellness) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) What Every Good Lawyer Wants You to Know: An Insider's Guide on How to Reduce Stress, Reduce Costs and Get the Most From Your Lawyer Conquer Your Chronic Pain: A Life-Changing Drug-Free Approach for Relief, Recovery, and Restoration Total Recovery: Breaking the Cycle of Chronic Pain and Depression The Prediabetes Detox: A Whole-Body Program to Balance Your Blood Sugar, Increase Energy, and Reduce Sugar Cravings Herbal Hormone Handbook for Women: 41 Natural Remedies to Reset Hormones, Reduce Anxiety, Combat Fatigue and Control Weight (Herbs for Hormonal Balance, Weight Loss, Stress, Natural Healing) The Mandala Coloring Book: Inspire Creativity, Reduce Stress, and Bring Balance with 100 Mandala Coloring Pages ISO 1940-1:2003, Mechanical vibration -- Balance quality requirements for rotors in a constant (rigid) state -- Part 1: Specification and verification of balance tolerances Balance is Power: Improve Your Body's Balance to Perform Better, Live Longer, and Look Younger

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