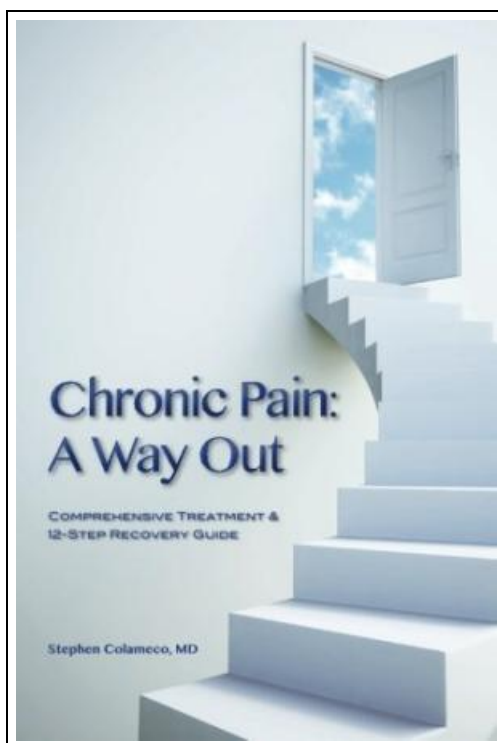


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Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English. Brand new Book. Chronic pain is often a complex condition that fails to respond adequately to medical treatments alone. Successful management requires integrated treatment approaches such as those offered by nationally recognized comprehensive pain programs. For those who do not have access to these programs, this book offers steps to help create an alternative treatment path that includes evidence-based medical treatments, physical modalities, counseling, self-care education and alternative approaches. This book is a resource for not only for those who suffer with chronic pain but for their families and healthcare providers. It includes information about interventional pain management procedures, medications, psychological treatments, physical therapies, alternative and complementary approaches. The book also address the risk of addiction to opioid medications. Each chapter includes specific action steps to help individuals determine the types of treatments that might best meet their needs. This book also includes an updated version of the author's previously published 12-Step Chronic Pain recovery guide. The 12-Steps are intended to help individuals recover from the emotional suffering that so often accompanies chronic pain. The 12-Step approach presented in this book draws upon the rich tradition of other 12-Step programs and of cognitive behavioral therapy. For those who have failed traditional medical treatments, such as medications, surgery, and spinal injections, these Steps offer hope for a better future with little, if any, risk. They offer a solution to problems that contribute to pain suffering-lack of trust, fear, worry, blame, isolation, and resentment. They provide a path for recovery from suffering-a path that leads to trust, honesty, reconciliation, peace and joy. What do experts have to say about Chronic Pain: A Way Out? "A holistic approach based on solid clinical evidence. Patients and medical care professionals alike can read...



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