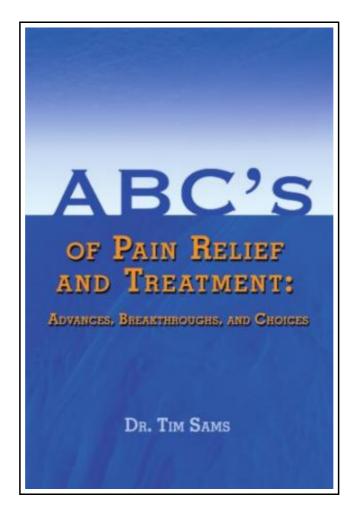
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(Kevin Bergstrom Sr.)

ABC S OF PAIN RELIEF AND TREATMENT: ADVANCES, BREAKTHROUGHS, AND CHOICES



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iUniverse, United States, 2006. Paperback. Book Condition: New. 226 x 147 mm. Language: English Brand New Book ***** Print on Demand *****. Dedicated pain psychologist Dr. Tim Sams has teamed with hundreds of pain physicians over his career. In his groundbreaking work, ABC s of Pain Relief and Treatment: Advances, Breakthroughs, and Choices, you will discover his unique paradigm for achieving and maintaining the best possible pain relief. Dr. Sams s expert advice has helped thousands of patients create their own Personal Pain Paradigm. The PPP advocates directing your doctor through the most recent treatment advances; breakthroughs in coping that accelerate pain relief; and choices that raze the barriers to maximally effective medical treatment. You too can master the following: * Learning the eleven-step hierarchy of medical treatments for pain * Negotiating more effective pain treatments with your doctor * Delighting in social, pleasurable, and productive activity without pain increases * Selecting the best medication regimen for your specific condition * Using nutritional supplements to enhance your pain relief * Enjoying physical activity and exercise without pain increases * Assessing how you may be sabotaging your medical care Combining blunt, practical advice with warm humor and vivid examples, ABC s of Pain Relief and Treatment is for those who are sincere about pain relief. Let your Personal Pain Paradigm help you build a pain-resistant life and re-discover passion and purpose.

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