



#### **Chronic Pain For Dummies**

By Stuart S Kassan

For Dummies, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Introduction.Part I: Getting the Lowdown on Chronic Pain.Chapter 1: Hurting That Doesn't Go Away.Chapter 2: Discovering How Pain Works. Chapter 3: When Pain Becomes Chronic.Part II: Detailing Some Causes of Chronic Pain.Chapter 4: Arthritis and Its Cohorts. Chapter 5: My Aching Back. Chapter 6: Head Cases: Migraines and Other Types of Craniofacial Pain.Chapter 7: The Odd Couple: Injuries and Strokes.Chapter 8: Burn Pain. Chapter 9: Digestive and Urinary Conditions. Chapter 10: Reproductive Conditions. Chapter 11: Following the Nerve Pathways: Neuralgias and Neuropathies. Chapter 12: Cancer Pain. Part III: Managing Your Pain Medically. Chapter 13: Putting Together an Anti-Pain Team.Chapter 14: Prescribing Medicines for Chronic Pain.Chapter 15: Taking an Alternative Approach to Pain Management.Chapter 16: Considering Surgery: The Last Resort? Part IV: Managing Your Pain with Lifestyle. Chapter 17: Tracking and Avoiding Pain Triggers. Chapter 18: Nutrition and Weight Control.Chapter 19: Getting Physical: Flexibility, Strength, Endurance, and Balance. Chapter 20: Tackling Fatigue.Chapter 21: Treating Pain and Stress Using the Power of Thought.Chapter 22: Relaxing, Praying, and Creating.Part V: Understanding Pain Throughout the Life Cycle. Chapter 23: Pain in Children.Chapter 24: Pain and Aging.Chapter 25: Pain at the End of Life.Part VI: The Part of Tens.Chapter 26: Ten Ways...



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-- Rosendo Douglas DVM

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### Star Flights Bedtime Spaceship: Journey Through Space While Drifting Off to Sleep

CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Star Flights Bedtime Spaceship" is a charming and fun story with the purpose to help children unwind and go to sleep. The underlying...



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Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



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