



Where It Hurts and Why How to Gain Control of Your Pain

By Angela Sehgal

Basic Health Publications. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. Pain is the number-one reason that Americans visit their doctors. Back pain, muscle aches, and arthritis affect millions of people daily, limiting their activities and costing billions in medical care. Much of this suffering is unnecessary. Where it Hurts and Why can help readers take charge of their pain and become proactive in their own recovery. The first step is to gain a better awareness of self and what is causing the pain. Physical, mental, and emotional stresses can all contribute to pain-a worksheet is included in the book to help identify these factors in readers lives. A number of simple strategies have proven remarkably effective in relieving aches and pains. These include stretching, strengthening exercises, and self-massage techniques. Individual chapters provide detailed recommendations for specific areas of the body. The Book also has instructions for immediate treatment of acute pain. Eliminating pain means creating a healthier lifestyle. A positive attitude can greatly alleviate pain and lead to a quicker recover. Other actions that can be taken include eating a healthy diet, getting enough sleep, removing stressors from ones environment, and finding humor and inspiration...



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