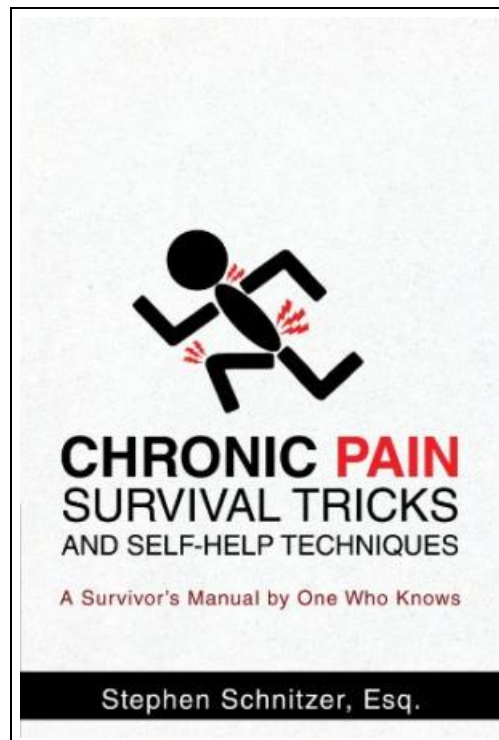


Chronic Pain Survival Tricks and Self-Help Techniques: A Survivor s Manual by One Who Knows



Filesize: 2 MB

Reviews

Extensive guideline! Its such a great go through. It is definitely basic but surprises in the 50 % of the pdf. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Fernando Hahn)

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iUniverse, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Many people suffer from chronic and sometimes overwhelming pain. In Chronic Pain Survival Tricks and Self-Help Techniques, author Stephen Schnitzer, Esq. offers a host of simple practices that can help patients deal with the pain and strive to become pain free. Based on his personal experiences searching for his own chronic pain solutions, Schnitzer provides helpful tips for those wanting to ease their suffering. Chronic Pain Survival Tricks and Self-Help Techniques covers a plethora of subject areas: Selecting and dealing with pharmacists Working with physical therapists Choosing a corrective bed Understanding the effects of hot and cold Realizing the importance of proper breathing Using canes Facilitating medical insurance and public assistance Valuing a positive mental attitude Recognizing how weather affects the body Obtaining second medical opinions Designed only to be used in conjunction with your treating doctors advice and medication, the solutions offered by Schnitzer help you deal with the often devastating effects of chronic pain in a positive manner. Undo.

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