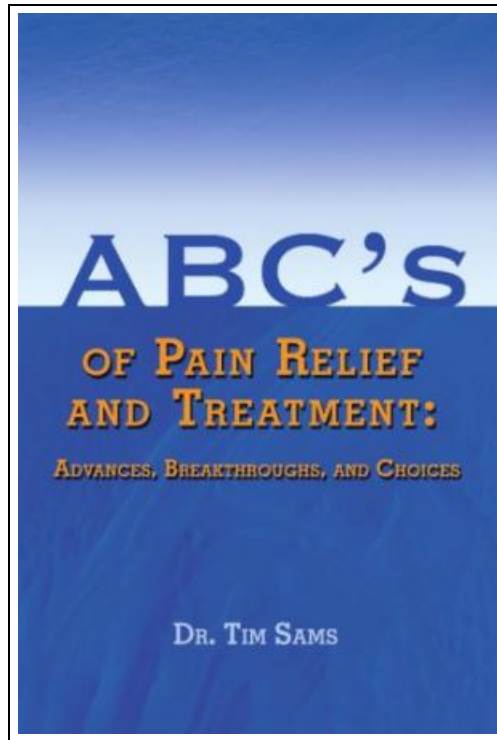


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Reviews

*Undoubtedly, this is actually the very best job by any writer. It is loaded with wisdom and knowledge You will not really feel monotony at anytime of your respective time (that's what catalogs are for concerning when you check with me).
(Prof. Lawson Stokes IV)*

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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