

The Pain Doctor's Guide to Relief: Your Complete Guide to Healing Chronic Pain

If you're suffering from chronic pain, you know how debilitating it can be. It can make it difficult to work, socialize, and even sleep. But there is hope. The Pain Doctor's Guide to Relief offers a comprehensive approach to healing chronic pain, combining the latest medical research with proven self-care techniques.



Confronting Chronic Pain: A Pain Doctor's Guide to Relief (A Johns Hopkins Press Health Book)

by Augustus A. White

★★★★☆ 4.3 out of 5

Language : English
File size : 1959 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Screen Reader : Supported
Print length : 258 pages



Written by a team of leading pain experts, this book provides everything you need to know about chronic pain, including:

- The different types of chronic pain
- The causes of chronic pain
- The latest medical treatments for chronic pain

- Proven self-care techniques for managing chronic pain
- How to talk to your doctor about chronic pain
- How to find support for chronic pain

The Pain Doctor's Guide to Relief is an essential resource for anyone living with chronic pain. It offers hope and guidance, and it can help you get your life back.

What People Are Saying About The Pain Doctor's Guide to Relief

"This book is a godsend. I've been suffering from chronic pain for years, and I've finally found relief thanks to the advice in this book." - Our Book Library reviewer

"I'm a doctor, and I recommend this book to all my patients with chronic pain. It's a comprehensive and well-written guide that can help anyone get their life back." - Medical doctor

"I've tried everything to relieve my chronic pain, but nothing has worked. I'm so glad I found this book. It's given me hope that I can finally get my life back." - Chronic pain sufferer

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The Pain Doctor's Guide to Relief is available now from Our Book Library, Barnes & Noble, and other major retailers. Free Download your copy today and start your journey to healing chronic pain.



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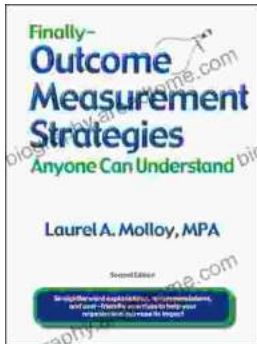
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