



Overcoming Chronic Pain: A Self-Help Guide Using Cognitive Behavioral Techniques

By Frances Cole, Hazel Howden- Leach, Helen Macdonald, Catherine Carus

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Chronic Pain: A Self-Help Guide Using Cognitive Behavioral Techniques, Frances Cole, Hazel Howden-Leach, Helen Macdonald, Catherine Carus, A Books on Prescription Title Take control of your life, take control of your pain Chronic pain can be extremely debilitating, however it does not need to dominate your life. This self-help book is based on highly effective self-help methods developed by specialists and used in community and hospital pain-management programs. Your experience of pain can be greatly reduced by pacing daily activities, reducing stress, learning relaxation techniques and effective ways to cope with depression, anxiety, worry, anger and frustration. This easy-to-follow book sets out: Why pain can persist when there's no injury or disease present How to become fitter and pace your activities Practical ways to improve sleep and relaxation Returning to work, study and gaining a life you value.



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Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- **Lacy Goldner**