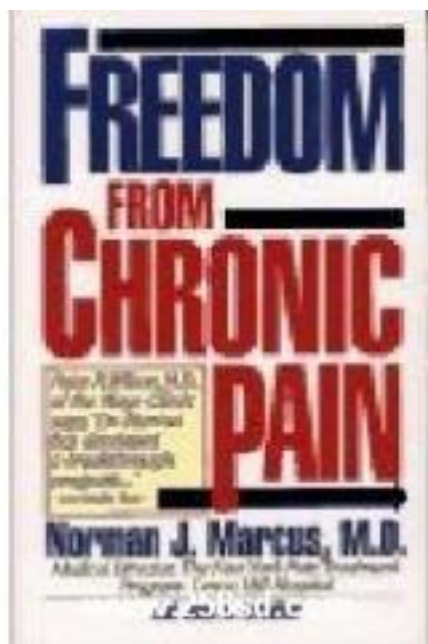


Freedom from Chronic Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Prog



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From Library Journal Marcus, medical director of the New York Pain Treatment Program at Lenox Hill Hospital, and medical writer Arbeiter present the hospital's problem-oriented and drug-free approach to pain. Patient histories are used to illustrate how body awareness, exercise, and coping and relaxation techniques can be used to control and reduce the devastating effects of chronic pain. Individual analog charts and scales allow patients to assess the severity of their pain and to chart their progress to a life no longer dominated by pain. The benefits and complications of

pain medications--prescription and over-the-counter--are also discussed. In the end, this book is not as comprehensive as Jane Cowles's Pain Relief (LJ 11/1/93) but is more like Richard Reilly's Living with Pain (LJ 5/1/93), which describes a specific program. For popular health collections.- Jodith Janes, Cleveland Clinic Fdn.Copyright 1994 Reed Business Information, Inc. Review Peter R. Wilson, M.D. The Mayo Clinic Dr. Marcus has developed a breakthrough program written from the patient's point of view, which is a major contribution to the conquest of pain. It educates and empowers the patient and provides powerful insights for all pain practitioners. --This text refers to the Paperback edition. See all Editorial Reviews

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