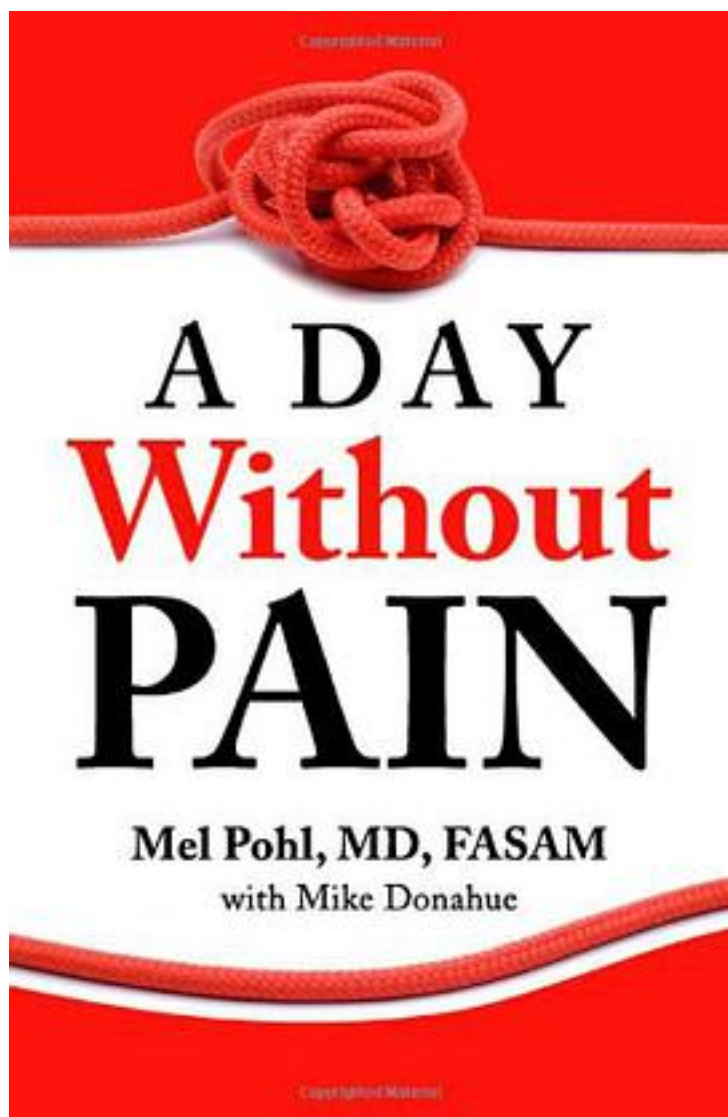


A Day without Pain



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A holistic approach to confronting chronic pain Pain is one of the most important and urgent issues facing the world today. Millions are afflicted with pain, and it is the most frequent reason Americans seek medical attention annually. More than 50 million people in the United States suffer from chronic pain. In fact, pain is a worldwide pandemic with no end in sight. In a conversational and easy-to-read format, A Day Without Pain reviews the physical and psychological problems associated with pain, as well as ways to assess it. It also examines methods to treat pain in a comprehensive holistic manner so that health and function can be restored without the use of prescription painkillers.

作者介绍:

目录:

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