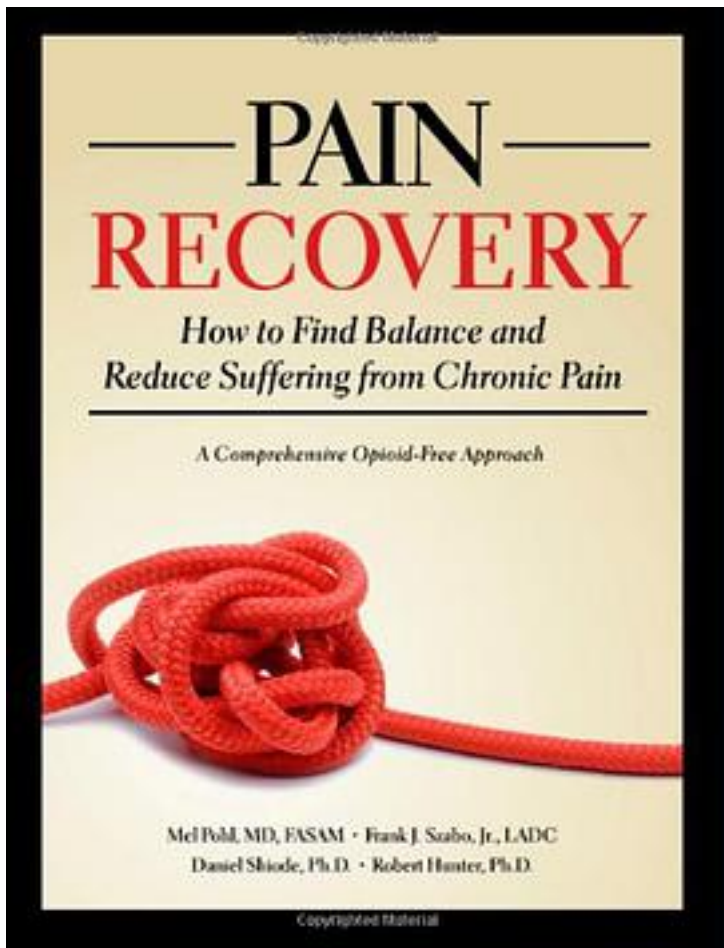


# The Pain Recovery Workbook



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Tired of Outdated Chronic Pain Management?Live Your Life Again on Your Own Terms  
Today, more people than ever are afflicted with chronic pain. Yet the medical field's response is to manage that pain with prescription drugs that do not work for many

people and carry the risk of side effects and drug dependency. There is a proven alternative: Pain Recovery: How to Find Balance and Reduce Suffering from Chronic Pain presents a different approach to pain management and a lifestyle that encompasses a person's mind, body, emotions, and spirit. This method offers a healthy, opioid-free way to live with chronic pain and minimize suffering. Here are the techniques, lessons, and exercises needed to reduce pain without drugs; based on a pain rehabilitation program that has helped to change the lives of many.

作者介绍:

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