



Managing Pain Before It Manages You, Third Edition

Margaret A. Caudill

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Imagine finding a way to spend less time in doctors' offices, and to decrease the discomfort, depression, and anxiety associated with chronic pain. *Managing Pain Before It Manages You* offers just that--a program to help you reduce your pain and learn coping skills to get your life back. Developed over the author's many years of working with chronic pain sufferers, this program has been proven effective. Program participants report that they have been able to take control of their pain *and* cut their doctor visits by more than one third! Straightforward and compassionate, this hands-on guide provides detailed information plus step-by-step techniques, activities, and worksheets (perforated for easy removal and photocopying). Dr. Margaret Caudill helps you:

- *Understand the causes of chronic pain
- *Recognize what increases and decreases your pain symptoms
- *Reduce your pain and emotional distress
- *Learn effective problem solving
- *Make informed decisions about medications and nutritional therapies
- *Incorporate relaxation, meditation, and gentle exercise into your daily routine
- *Communicate effectively about your pain
- *Set realistic goals

New to the Third Edition

Thoroughly revised and updated, the third edition includes the latest information on medications and other clinically proven treatment strategies, expanded coverage of specific pain disorders, and a new appendix featuring Internet resources. Plus, readers can download free MP3 audio files of three of the guided relaxation exercises in the book (one hour total).

Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

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Sandra Gregory:

Now a day those who Living in the era just where everything reachable by connect to the internet and the resources in it can be true or not require people to be aware of each data they get. How individuals to be smart in receiving any information nowadays? Of course the reply is reading a book. Studying a book can help persons out of this uncertainty Information mainly this Managing Pain Before It Manages You, Third Edition book because this book offers you rich details and knowledge. Of course the details in this book hundred per-cent guarantees there is no doubt in it you may already know.

Jeremy Robinson:

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