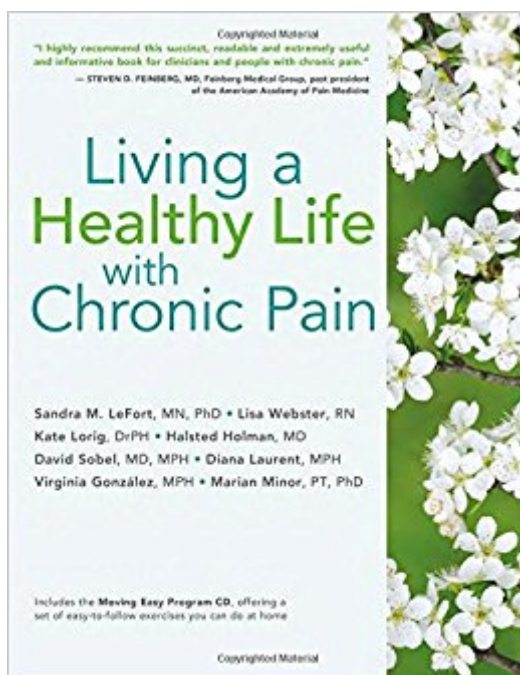


The book was found

Living A Healthy Life With Chronic Pain



Synopsis

Chronic pain includes many types of conditions from a variety of causes. This book is designed to help those suffering from chronic pain learn to better manage pain so they can get on with living a satisfying, fulfilling life. This resource stresses four concepts: each person with chronic pain is unique, and there is no one treatment or approach that is right for everybody; there are many things people with chronic pain can do to feel better and become more active and involved in life; with knowledge and experimentation, each individual is the best judge of which self-management tools and techniques are best for him or her; and, the responsibility for managing chronic pain on a daily basis rests with the individual and no one else. Acknowledging that overcoming chronic pain is a daily challenge, this workbook provides readers with the tools to overcome that test. A Moving Easy Program CD, which offers a set of easy-to-follow exercises that can be performed at home, is also included.

Book Information

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Customer Reviews

Sandra LeFort, MN, PhD, is Professor Emeritus at Memorial University in Newfoundland, Canada where she teaches and continues to do research in pain. She lives in St. John's, Newfoundland. [View all reviews by Sandra LeFort](#)

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This book is used in chronic pain clinics in NZ and USA. It is invaluable for anyone suffering from long term pain. For greater benefit use in conjunction with clinic/group situation. It is then a great reference book to maintain the benefits you have gained.

Great condition for a used book. Content very meaningful and helpful. Don't let pain control your love life. Learn to self manage; discover you are not alone with depression and despair.

This is an excellent book for a person in chronic pain. It has fought be a lot of different things about my life with chronic pain. I have even showed my pain management and family doctors.

This book helps me by explaining a lot so I can understand it, I thank my PT/DR for recommending this book to me for part of my healing process so thank you.

This is a wonderful resource for anyone who lives with or loves someone who lives with Chronic pain!

Some awesome tips on how to live a healthier life

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