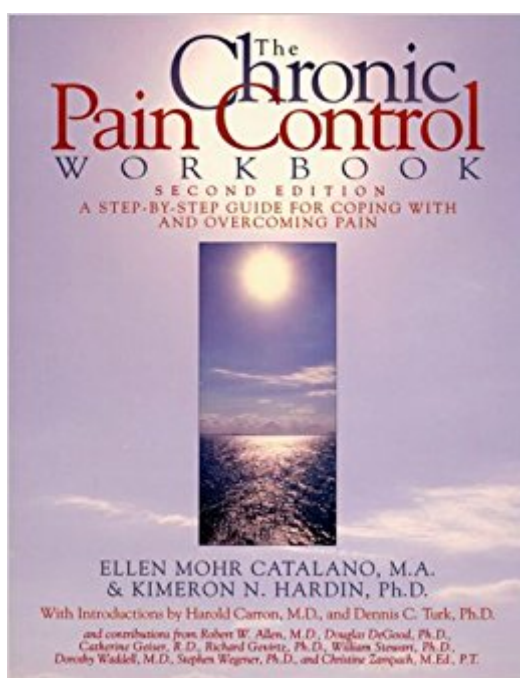


The book was found

# The Chronic Pain Control Workbook: A Step-By-Step Guide For Coping With And Overcoming Pain (New Harbinger Workbooks)



## Synopsis

The authors of this comprehensive guide bring together the expertise of an eight-person team of medical doctors, psychologists, educators, and therapists--specialists in all areas of chronic pain management.

## Book Information

Paperback: 250 pages

Publisher: New Harbinger Publications; 2 edition (August 1996)

Language: English

ISBN-10: 1572240504

ISBN-13: 978-1572240506

Product Dimensions: 10.9 x 8.6 x 0.6 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 3.3 out of 5 stars 8 customer reviews

Best Sellers Rank: #888,790 in Books (See Top 100 in Books) #108 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain](#) #5762 in [Books > Medical Books > Medicine > Internal Medicine > Pathology](#) #7552 in [Books > Medical Books > Psychology > General](#)

## Customer Reviews

>From psychological techniques for managing chronic pain to understanding sleep and nutritional needs and challenges during the process, this provides a workbook in its revised second edition to explore the basics of therapies and control measures. Chapters explain and expose the influences of mental strengthening exercises in the process. -- Midwest Book Review

The Chronic Pain Control Workbook is by far the best of its kind. It truly will walk a chronic pain sufferer through a step-by-step program that, if followed consistently, WILL improve the quality of the chronic sufferer's life. I have used it successfully with thousands of patients. HOWEVER, the book is now out-of-print (for some unfathomable reason that nether the publisher nor the authors care to explain) and I am seeing extreme price gouging! Don't fall for it and do not pay exorbitant prices for a book that's listed at \$17.95. If you can't find a used one for a reasonable price, "The Relaxation & Stress Reduction Workbook (2000, 5th edition, also by New Harbinger Publications) by M. Davis, Elizabeth Eshelman, and Matthew McKay - ISBN: 1572242140 covers almost all the topics just as well as the Pain Control Workbook does. What's missing are the chapters on

medications, theories of pain, and vocational issues, but these are covered quite well elsewhere. The Relax workbook is available for list price of \$19.95, but I have seen it used for as little as \$10. A MUCH saner way to go!

I found the book too large to complete and to carry. If you have the time it may be worth.

I didn't find this book helpful; it doesn't seem current. I feel it was a waste of money and time. It really doesn't deserve one star. A book I did find helpful: "Resilience" by Eric Greitens. I also found help w self-hypnosis books/mp3.

Arrived within the period of time promised. Delivered in to my mail box. Well done. Thank you.

I bought this book before checking the publication date. Some of the info is relavent, but most of it misses the mark with the current epidemic of pain med addiction.

I have glanced through this book and when able will be working my way through it. Looks like it has a lot of good information that may be helpful to me.

has a lot of info

I have used this book for nine years in working with individuals with chronic pain. It is skills-based, and it covers most of the important aspects of psychological treatment of pain. If you cannot get this book, try 10 Simple Solutions to Chronic Pain in addition to The Relaxation & Stress Reduction Workbook.

[Download to continue reading...](#)

The Chronic Pain Control Workbook: A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger Workbooks) The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks) The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) The Mild Traumatic Brain Injury Workbook: Your Program for Regaining

Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook) The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook) Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT (A New Harbinger Self-Help Workbook) Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) The Chemistry of Joy Workbook: Overcoming Depression Using the Best of Brain Science, Nutrition, and the Psychology of Mindfulness (A New Harbinger Self-Help Workbook) Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain (New Harbinger Self-Help Workbook) Coping with Chronic Illness: \*Neck and Back Pain \*Migraines \*Arthritis \*Fibromyalgia\*Chronic Fatigue \*And Other Invisible Illnesses Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) Coping with Cliques: A Workbook to Help Girls Deal with Gossip, Put-Downs, Bullying, and Other Mean Behavior (Instant Help /New Harbinger) The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook) The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (New Harbinger Self-Help Workbooks) The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) The Matrix Repatterning Program for Pain Relief: Self-Treatment for Musculoskeletal Pain (New Harbinger Self-Help Workbook) Trigger Point Therapy for Low Back Pain: A Self-Treatment Workbook (New Harbinger Self-Help Workbook) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)