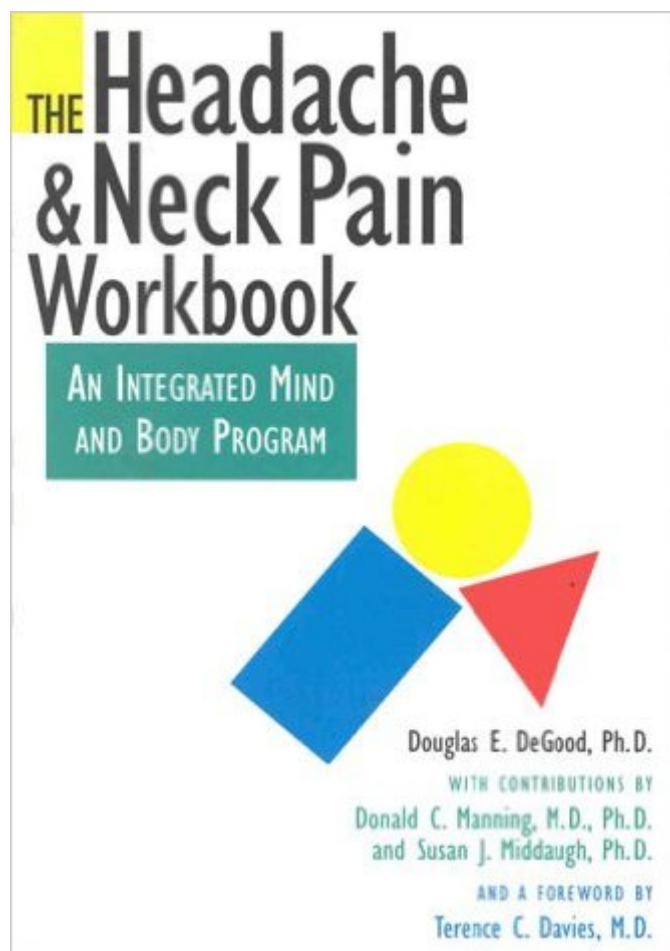


The book was found

The Headache And Neck Pain Workbook: An Integrated Mind And Body Program



Synopsis

This workbook combines the latest medical research with proven alternative therapies to help you get rid of that pain in your neck. The book offers you a step-by-step guide to techniques you can use to manage the complex mind-body interaction that contributes to and prolongs your pain. Chapters contributed by a physician and a physical therapist explain how medication and physical therapy and exercise can contribute to a comprehensive self-management program.

Book Information

Paperback: 184 pages

Publisher: New Harbinger Publications; 1 edition (November 1, 1997)

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ISBN-10: 1572240865

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Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 13.3 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

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Customer Reviews

Headache & Neck Pain Workbook I wish I had found this book over 18 years ago, when I first started to get migraine headaches. I have fibromyalgia, and this book is helping me to get rid of my migraines.

Great book for neck pain

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