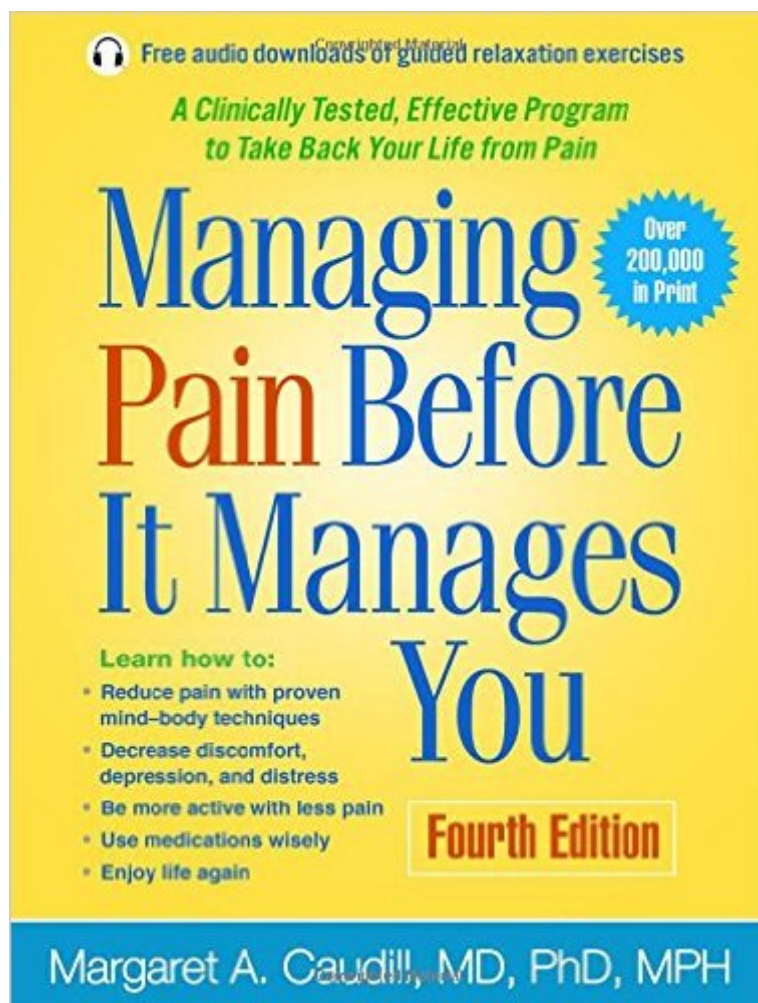


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# Managing Pain Before It Manages You, Fourth Edition



## Synopsis

Join the hundreds of thousands of readers who have found help and hope for getting their lives back from chronic pain in this empowering workbook. Top pain specialist and physician Margaret A. Caudill spells out 10 steps that can radically change the way you feel--both physically and emotionally. Dr. Caudill provides state-of-the-art information about the causes and treatment of pain and guides you to:

- Identify what increases and decreases your symptoms.
- Reduce your pain and emotional distress.
- Make informed decisions about medications and nutritional therapies.
- Benefit from relaxation (including audio downloads), meditation, and gentle exercise.
- Communicate effectively about your pain.
- Learn essential skills for coping and problem solving.
- Set and meet doable personal goals (you can download and print additional copies of the worksheets as needed).

The fully updated fourth edition incorporates important advances in pain management and mind-body medicine. It features new content on mindfulness, a "Quick Skill" section in each chapter with simple exercises that can have an immediate impact, updated supplementary reading and resources (including smartphone apps), and more.

## Book Information

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## Customer Reviews

This is an excellent book for anyone that suffers from any type of chronic pain. The doctors & all the medicine in the world won't get you through it. This book helped provide methods for a close relative of mine that suffers from Chron's disease. It was also recommended by several counselors and therapists. Excellent read.

The content of this book is fine but the print replica version leaves much to be desired. The print replica has a white background which lacks the sharpness and controls common to Kindle books. Reading on a tablet, the size of the text can be changed but you have to do it on every page and the bright white background cannot be altered to something easier on the eye. I plan to ask for a refund and might get the regular book. The author and publisher made a mistake not going with the regular Kindle format.

A very well written book on pain management. The book is easy to read; presents well-researched approaches; and offers specific step-by-step techniques.

Great Book! Works if you work on it..

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