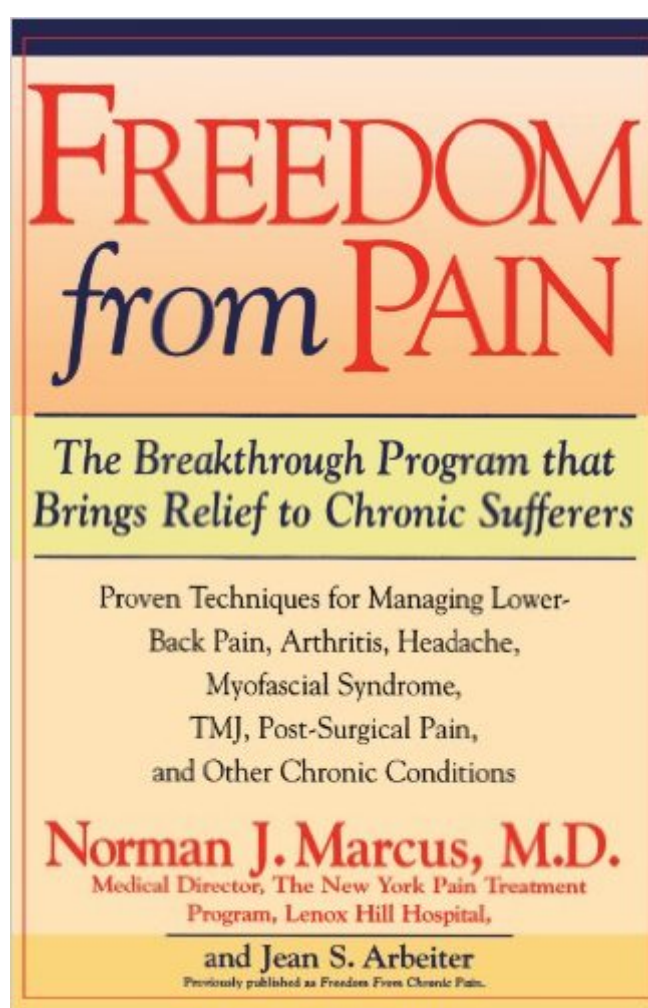


The book was found

Freedom From Pain: The Breakthrough Method Of Pain Relief Based On The New York Pain Treatment Program At Lenox Hill Hospital



Synopsis

If you are one of the 50 million Americans who suffer from pain and have searched to no avail for a smart, safe, and, most of all, effective solution, you may find relief in Dr. Norman Marcus's Freedom from Pain. Adapted from Dr. Marcus's remarkable narcotics-free New York Pain Treatment Program at Lenox Hill Hospital, this book will teach you, in carefully graduated steps, how to surrender the attitudes that are holding you prisoner to pain and how to master the physical and mental techniques that can set you free -- techniques that have had an unprecedented success rate and will work with just about any type of chronic pain, including lower-back ailments, headaches, and arthritis. Dr. Marcus is both supportive and sympathetic, giving even the most severe cases reason for optimism, and his book is the next best thing to a visit to the Pain Treatment Program itself.

Book Information

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Customer Reviews

This book is a good read for those of us who have attempted many different methods and seen countless doctors in an effort to alleviate the suffering at the hands of chronic pain. The main leap of faith one has to make if this book is to be at all effective is that chronic pain is muscular in nature. How we deal with this knowledge is the key to overcoming chronic pain's hold on us. This is not to say that chronic pain cannot be treated by various medical procedures. Only that if pain persists for long periods of time, a new approach may be needed. In my own case, after five years of headaches, I finally was diagnosed with foraminal stenosis at C3-C4 and had a dissection and fusion performed. In laymen's terms, two of my nerves roots were constricted where they exited the

spine in my neck. The operation basically "cleaned up" the area surrounding the nerves roots. By doing this operation from the front of the neck, a disk is sacrificed and a piece of bone implanted for fusion. After this operation, I still struggled with very much the same pain as before, once the operative recuperation was complete. My neurosurgeon and I were quite sure that the operation had repaired the damage that had been causing my pain. My neurosurgeon was quick to note this did not necessarily mean that the pain would go away. I was told the pain may be eliminated totally, partially or not at all. Not what one wants to hear but, honest nonetheless. I give my own history so that others with chronic pain might at least listen to my review of the book and its methods. Whether one has had treatment of one sort or another to alleviate chronic pain or not, this book is worth a read. I would also recommend that you inform your doctor of this book.

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