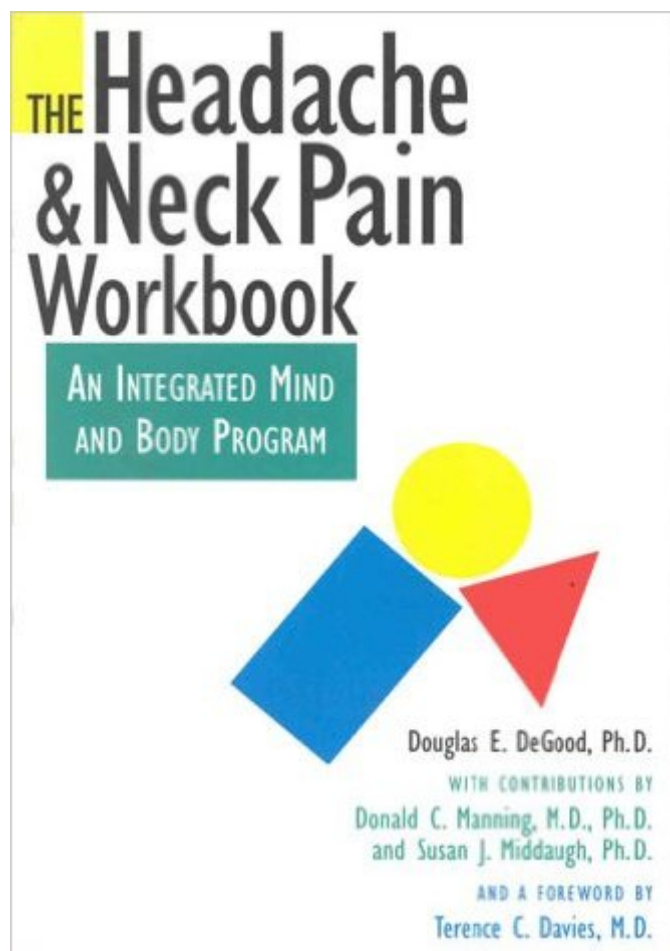


The book was found

# 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)

Language: English

ISBN-10: 1572240865

ISBN-13: 978-1572240865

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)

Best Sellers Rank: #2,982,608 in Books (See Top 100 in Books) #69 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches](#) #1730 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#) #2196 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

## 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

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

The Headache and Neck Pain Workbook: An Integrated Mind and Body Program Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs The Pain-Free Program: A Proven Method to Relieve Back,

Neck, Shoulder, and Joint Pain Neck Check: Chronic Neck Pain Relief Once and For All (Super Spine) The 15 Minute Neck Release: Learn How to Quickly Relieve Neck Pain and Stiffness of a Friend or Loved One Stop Your Neck Pain And Headache Now: Fast and Safe Relief in Minutes Proven Effective for Thousands of Patients Handbook of Headache Management: A Practical Guide to Diagnosis and Treatment of Head, Neck, and Facial Pain Prevent Wind Diseases: DIY Cure Stiff-Neck Pain, Migraine Headache, Edema, and Brain Tumor BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook) 3 Minutes to a Pain-Free Life: The Groundbreaking Program for Total Body Pain Prevention and Rapid Relief Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain

[Dmca](#)