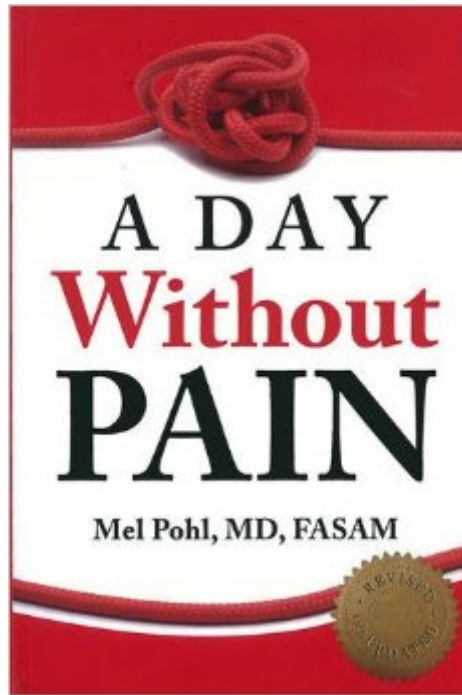


The book was found

A Day Without Pain



Synopsis

With the increasing abuse of prescription drugs affecting every facet of society, this book addresses treating chronic pain without opioids and/or other prescription painkillers. The focus is on a holistic approach to living with chronic pain. Written in an easy-to-read, user-friendly format with an accompanying glossary of medical terms.

Book Information

Paperback: 264 pages

Publisher: Central Recovery Press; Revised, Updated ed. edition (August 31, 2011)

Language: English

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Product Dimensions: 6 x 0.7 x 8.9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #184,566 in Books (See Top 100 in Books) #39 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain](#) #199 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency](#) #264 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management](#)

Customer Reviews

Chronic pain, a condition that millions of Americans suffer from, is different and more complex than acute pain. Mel Pohl, MD, speaks nonjudgmentally, with depth, scientific expertise, and wisdom about the causes and treatment approaches to chronic pain. The physical and neurological mechanisms of pain perception are interwoven with the emotional, behavioral, familial, and existential dimensions of the chronic pain syndrome. The text is kept lively by the author's clear writing style as well as three extended case histories that illustrate the lives of typical Americans struggling with chronic pain of different physical causes. Acute pain activates specific pathways in the brain. Chronic pain recruits nearby pathways associated with brain areas for emotions, memory, reward, and fear. There is no such thing as pain by itself, but pain is always accompanied by some degree of fear, anger, isolation, and changes in the sufferer's view of himself and his future. Dr. Pohl, a medical doctor specializing in pain and addiction, outlines a multidimensional approach to deal with the many dimensions of chronic pain syndrome. Addiction, which begins innocuously enough as a simple search for relief from life's pain and suffering, is an exceedingly common

complication of chronic pain. Dr. Pohl provides a thorough and non-judgmental description of the interaction between chronic pain and the addictive process, and how to recover from it. In the treatment section of the book, the merits of a wide variety of treatment modalities are discussed, including (but not limited to) exercise, nutrition, meditation, yoga, physical therapy, acupuncture, Reiki, EMDR, and 12-step recovery programs.

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