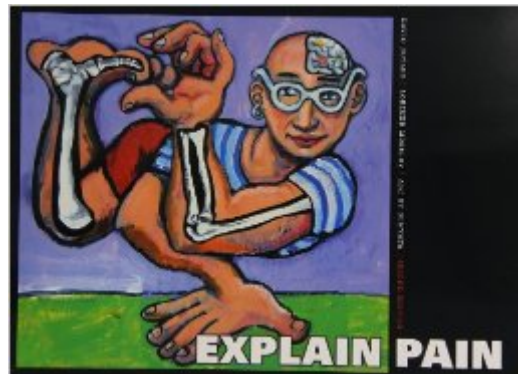


The book was found

Explain Pain (8311)



Synopsis

Explain Pain looks similar to the first edition but includes many new references, language changes and a font change. Overall, the second edition of Explain Pain can be delivered with much more authority than the first. Explain Pain is a proven stayer among health texts. With great clarity and quirky images, it answers common questions asked by pain sufferers, such as "why am I in pain?", "why has it spread?" and "what can I do to help?" Explain Pain gives new and immediate hope to pain sufferers and their family and friends. Explain Pain works!

Book Information

Spiral-bound: 134 pages

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Customer Reviews

I should have read the one-star review prior to purchasing the Kindle version. Absolutely terrible formatting as it is a PDF or picture with such small print I was unable to read it and apparently CAN NOT return this book. needs to fix this formatting issue. I have hundreds of kindle books and have not come across anything like this--there are more white space than words (see picture below). This review is not for the content of the book.

This is a fantastic book to help people understand the terribly complex subject of chronic pain. I hate that the Kindle version prompted such poor ratings, because the actual content of the book is excellent. I have the print version. Refer to reviews of the original version, most of which are 5-star ratings. As a psychologist treating chronic pain, and training soon-to-be psychologists, I'm always looking to deepen my understanding of pain processes, and strategies for self management. This

book is incredibly helpful. In addition to increasing my own knowledge, this book also provides great examples for explaining the subject to others. Since it does not go into too much intimidating biological detail, it's digestible by a wide range of educational backgrounds. I love that for such a serious and challenging subject, the authors manage to include ample humor to make it an entertaining read, as well as informative. If you're leery of the price, search for videos of the authors presenting this material on the Web - watching a couple presentations (well, in truth, more than a couple...I became a little obsessed one Friday night...that's just HOW impressed I was!) inspired me to go ahead and make the purchase. And now that I've read it, I've asked my facility to order copies for my trainees each year. So, maybe avoid the Kindle version for now, but you can't go wrong with the book itself!

The printed version of this book is amazing. I was surprised that it had such a low score. It is meant for health professionals but anyone with a basic understanding of biology/psychology can pick it up and understand it. The concepts are mind-blowing but they are presented in a very easy to understand way. As a physical therapist, I have a great way to explain pain to my patients.

Agree with the previous review. The current Kindle Version is not user friendly. It is basically a scanned copy of the print version, and it seems like a PDF and not a Kindle Edition of the book. It is impossible to read on an iPhone, and difficult to read on an iPad. I recommend a print version, and hope that a better Kindle Edition is made available.

This book is a very good piece of work with new and exciting research in chronic pain. The book was right on but, Kindle version was horrible and disappointing. None of the Kindle HD functions work with the format. The font is so small had to use a magnifier to read. For the cost and function I cannot recommend the Kindle version. I would and do recommend the written version with no hesitation. Sorry. Love Kindle's

A little over a year ago, I was in a motorcycle accident. A month ago, I was diagnosed with Chronic Regional Pain Syndrome. This book helped me understand what pain really was. Pain was preventing me from living my life. As a writer, it kept me from writing my novels because my wrist and shoulder couldn't tolerate being on a computer for more than an hour at a time. But Explain Pain, helped me to understand what was going on with my body. Knowing that the pain wasn't a signal that I was reinjuring the area helped. There were also suggestions as to how to work up to

doing things you liked to do, such as taking walks, writing, and how to conquer your pain. The biggest lesson, pushing through the pain is NOT the right strategy. The medical terminology and concepts were dumbed down for a layman like me. There were plenty of pictures to help explain the concepts being described as well as detailed examples. There wasn't a concept I read I didn't understand by the end of the chapter. If you have chronic pain, this is the book for you. Acute pain is different; it's generally due to an injury. But chronic pain is debilitating and understanding it is the path to finding solutions. I highly recommend this book to people, like me, who are suffering. In fact, it was my physical therapist who'd recommended it to me. In other words, the medical community approves! It's a fabulous resource.* Full disclosure, I read my PT's copy and I liked it so well, there were so many great suggestions, concepts, and ideas I wanted my own copy. So I ordered one from so I could use it as a reference.

DO NOT PURCHASE THE KINDLE VERSION - This book is impossible to read in the kindle version - even with high resolution and with +2.50 reading glasses or hand held device to enlarge the print - it is impossible to read this extremely small print as the book itself is VERY SMALL and the font size adjustment is not an option on this book.

Excellent content and explanations for both lay people and clinicians. Fun illustrations, small digestible pieces of information. I did not like the way the book was bound or the landscape style of the pages. I also think this book was drastically overpriced and therefore not accessible to lay people.

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