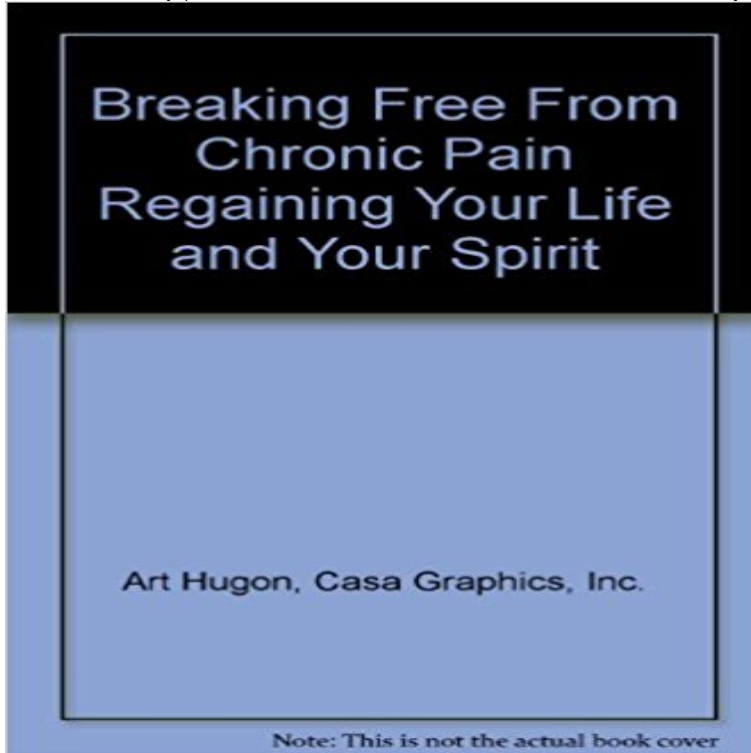


Breaking Free From Chronic Pain Regaining Your Life and Your Spirit



Breaking Free From Chronic Pain tells of the authors long struggle with chronic pain. More importantly, it details the steps pain patients must take to ensure recovery and quality of life. Causes of chronic pain are discussed as well as various traditional and alternative treatments. An extensive chapter details medications used to treat pain. Illustrations are used to show the reader exercises and stretches that can help alleviate pain. Psychological and emotional challenges such as dealing with anxiety and depression are also covered. Different types of surgery for pain are described and how to deal with HMOs is a separate chapter. A plethora of organizations and other resources devoted to pain relief are listed in the appendices along with independent medical research companies that help people evaluate various treatment plans and surgeries.

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