



## Overcoming Chronic Pain: A Self-Help Guide Using Cognitive Behavioral Techniques

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By Frances Cole, Hazel Howden- Leach, Helen Macdonald, Catherine Carus

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Chronic Pain: A Self-Help Guide Using Cognitive Behavioral Techniques, Frances Cole, Hazel Howden-Leach, Helen Macdonald, Catherine Carus, A Books on Prescription Title Take control of your life, take control of your pain Chronic pain can be extremely debilitating, however it does not need to dominate your life. This self-help book is based on highly effective self-help methods developed by specialists and used in community and hospital pain-management programs. Your experience of pain can be greatly reduced by pacing daily activities, reducing stress, learning relaxation techniques and effective ways to cope with depression, anxiety, worry, anger and frustration. This easy-to-follow book sets out: Why pain can persist when there's no injury or disease present How to become fitter and pace your activities Practical ways to improve sleep and relaxation Returning to work, study and gaining a life you value.



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