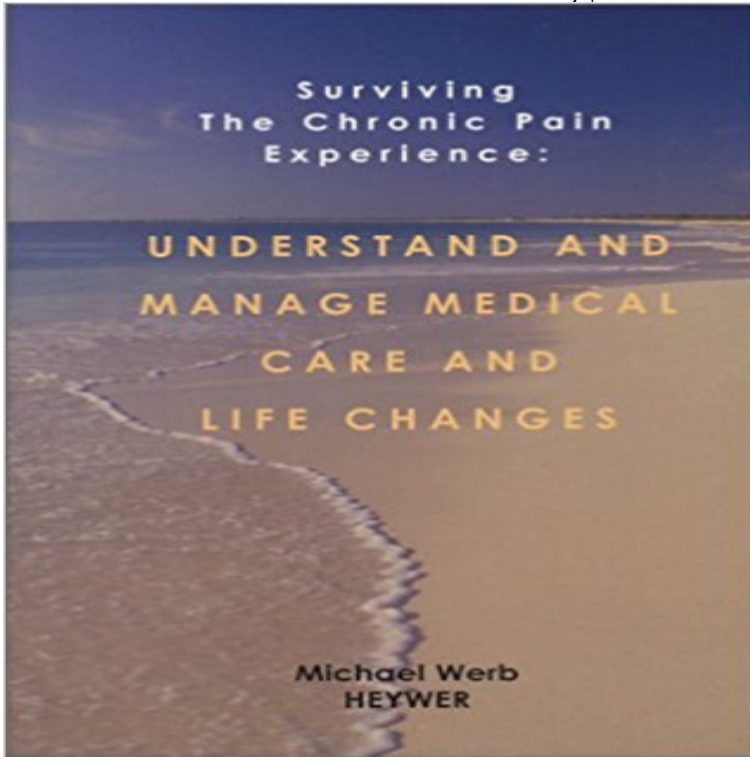


Surviving the Chronic Pain Experience: Understand And Manage Medical Care And Life Changes



Understand And Manage Medical Care And Life Changes (192 pages, ISBN 0-9726644-0-8) Survive And Thrive Even With Chronic Pain!

----- Have you suffered an injury or disease and turned to your health care providers, employer, and others for help only to find the support you needed wasn't there? Is medical care and pain consuming too much of your life while few answers are found? Do people disbelieve your pain and struggle? Surviving the Chronic Pain Experience is a guide to improving the general environment of the life of a person with chronic pain. Issues of adequate medical care, alternative medicine, employment alternatives, dignity, compassion, and more are addressed. Heartfelt stories, along with detailed research, are summarized and presented. It is a book of self-help and recovery. With no limits to the quest for recovery, Surviving helps others explore and consider medical and other alternatives as they search for the most healing possible for their chronic pain. Personal stories and research are used to communicate the challenges, alternatives, and proven successful survival techniques and processes. Surviving helps people with chronic pain improve his or her entire life and lifestyle. That's why we wrote the Surviving The Chronic Pain Experience books. You too will discover how to find favorable conclusions to your situation and protect your future and the future of your families. I will show you how to take a near impossible situation and get the help you need while defining a new life that embraces your impairments. This assertive process allows you to take control of your new destiny and win through hard work and tenacity. You're going to save time, money, and a lot of pain as you reach out for medical care and the best life possible. You'll learn to avoid the mistakes and near

impossible situations that you've been vulnerable to. Maximize Improvements To Your Entire New Life And Lifestyle!

- Understand the many alternatives for effective medical care and helpful life changes
- How to clearly communicate with your doctors and others about your condition including the use of a Life Analysis and other documentation
- How to choose the right doctors many do not understand or effectively communicate
- Learn about various medications, physical therapy, trigger point injections, special exercise equipment, hot and cold packs, chiropractic adjustments, and other medical care
- Read summaries of important long term studies and medical research, understand the implications and possibilities for your own treatment and recovery
- Consider physiological, psychological, neurological, and pain management evaluations to direct you to the most effective medical care
- Daily living routines to maximize activity and minimize pain
- Diet, sleep, exercise, stretching, medication and more all balanced and tailored to you
- Understand hospital pain management programs and what to expect
- Consider more invasive medication, treatment, and medical procedures: Radio frequency cauterizing of the nerves, Steroids and other pain blocks
- Go beyond Western Medicine to Alternative Medicine, Eastern Medicine, and more
- What to expect from massage therapy, energy therapy, acupuncture, herbs, essential oils, aromatherapy, magnets, and more
- How to respond to employers when you can no longer perform as well at work
- Find a meaningful life despite the pain
- Review of other books, movies and articles to help your survival and recovery
- And much more all to maximize your recovery in all areas of your life!

Benefit and learn from the authors proven success as a chronic pain survivor, a process developed using his extensive experience as a college professor and business management and process expert. Overcome and win the struggle for the best medical care and the most health and

lifestyle recovery possible. Endorsed by

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