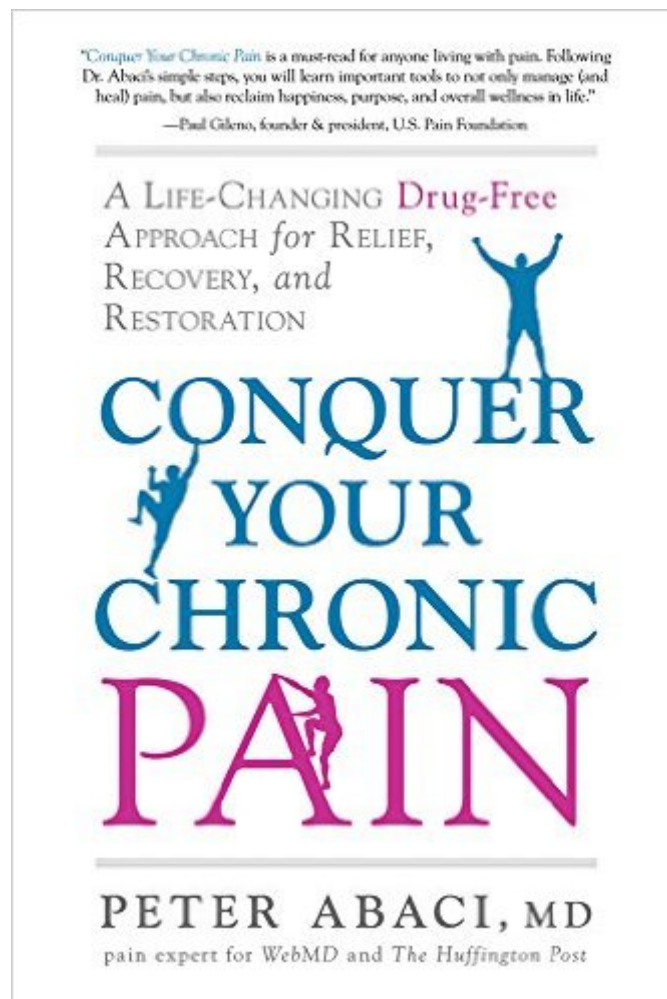


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# Conquer Your Chronic Pain: A Life-Changing Drug-Free Approach For Relief, Recovery, And Restoration



## Synopsis

Conquer Your Chronic Pain offers the millions of chronic-pain sufferers throughout the world a transformative model for pain management. Dr. Abaci is a pioneer in understanding the biopsychosocial aspect of chronic pain and patients' demands for a more holistic and personal approach to pain management. Dr. Abaci details his own struggle with injury, surgery, and conventional recovery and pain management, then offers a wide variety of case studies and clear explanations of the latest scientific research to reveal how chronic pain creates a brain-based disease that will only respond to integrated therapies. For two decades, Dr. Abaci's approach has helped transform the lives of thousands of people devastated by pain. If you are suffering from chronic pain and are tired of failed treatments and too many pills, relief starts here!

## Book Information

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## Customer Reviews

I have been diagnosed with so many conditions over the past 15 years that it's a wonder I function at all. My doctor put me on pain meds for 13 1/2 years, but after the side effects became as bad as the pain, I made the decision for myself to get off a year and a half ago. Since then I have been working to manage the pain using other means, sometimes with more luck than others but not well enough to get the quality of life I want... not even close. During all these years of struggle, I have purchased about 30-40 books on pain, and while some had ideas that seemed helpful I would forget about the details of what they thought after awhile or just get lazy. Most pain books repeat the same advice... cut stress out of your life, get lots of sleep, exercise, don't eat processed food, etc. I would

then almost immediately have someone hurt my feelings (stress), have my pain keep me from sleeping all night long, feel too exhausted to move and pop a couple of boxed cookies for comfort. Sigh. Well, I am almost finished reading yet another book that is unlike anything I've ever read on the subject of pain. It just came out about a week ago and I am so hopeful and amazed! I'll be reporting on it soon, so watch out for that. The reason it is different is that it explains to you WHY pain doesn't go away and explains HOW you can retrain your body to form a different way in the way it processes information. Knowing what's going on helps because when our pain flares we can understand and use the opportunity to retrain it so that the next time things go better (and better and better). It's been a long time since I've been this motivated and hopeful. I love this book!

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The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010  
Paperback  
Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)  
The Pain-Free Room: Hypnosis for the Relief of Chronic Pain  
Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology)  
Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs  
Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series)  
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