

# REVIEWS

## *Chronic Pain Handbook & Resource Guide*

**“This book provides a comprehensive overview of chronic pain, its causes, and its impact on physical and mental health. It covers various aspects of chronic pain management, including medical treatments, psychological strategies, and lifestyle adjustments. It also offers practical coping techniques, such as mindfulness, stress management, and exercise recommendations.** A unique structural element of the book is its inclusion of actionable tools and exercises presented with clear, step-by-step instructions. Bulleted lists often accompany these instructions helping with easy digestion and application. Additionally, the book features a resource guide with curated listings of websites, organizations, and support networks for further assistance.”

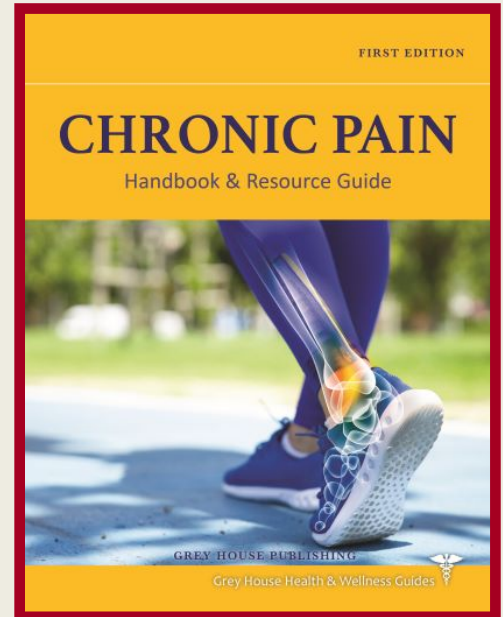
“...In summary, the book fulfills its objectives by offering a well-rounded approach to managing chronic pain, addressing both the medical and emotional aspects in a practical and empathetic manner. **It is a much-needed guide for anyone dealing with chronic pain, and it provides a valuable blend of education, support, and actionable advice.**”

**...This book provides essential tools for managing the condition in a well-rounded and informed way.**

**It is a strong contender in the field and a worthy choice for those seeking a thorough and empathetic guide to chronic pain management.”**

Weighted Numerical Score: 99 - 5 Stars!

- Doody's



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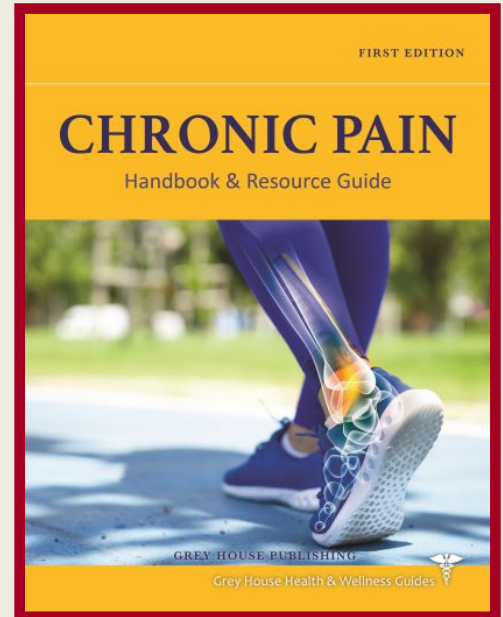
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**“This handbook should be helpful to individuals seeking authoritative, easily understood information on chronic pain and its associated conditions.**

Counselors and health care professionals involved in educational public outreach programs may also find this volume helpful in preparing their instructional activities...”

“...**Summing Up: Recommended.** General readers, lower-division undergraduates, two-year technical programs, and professionals.”

- CHOICE



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