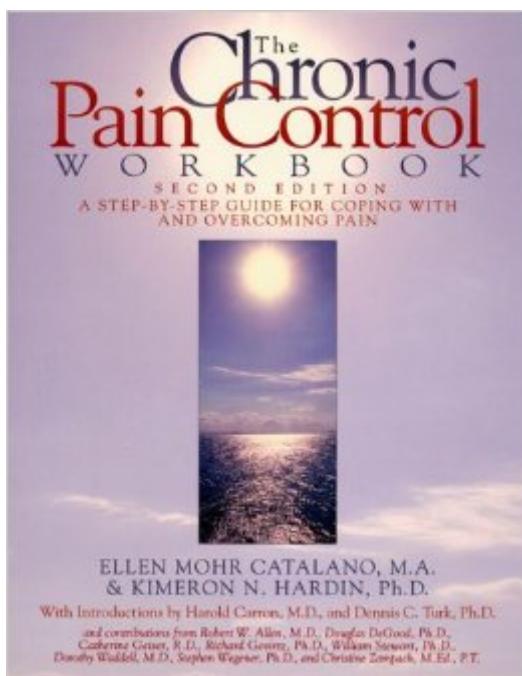


The book was found

# The Chronic Pain Control Workbook: A Step-By-Step Guide For Coping With And Overcoming Pain (New Harbinger Workbooks)



## **Synopsis**

The authors of this comprehensive guide bring together the expertise of an eight-person team of medical doctors, psychologists, educators, and therapists--specialists in all areas of chronic pain management.

## **Book Information**

Paperback: 250 pages

Publisher: New Harbinger Publications; 2 edition (August 1996)

Language: English

ISBN-10: 1572240504

ISBN-13: 978-1572240506

Product Dimensions: 10.9 x 8.6 x 0.6 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.3 out of 5 starsÂ  [See all reviewsÂ \(7 customer reviews\)](#)

Best Sellers Rank: #718,483 in Books (See Top 100 in Books) #103 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #4472 inÂ Books > Medical Books > Medicine > Internal Medicine > Pathology #5975 inÂ Books > Medical Books > Psychology > General

## **Customer Reviews**

The Chronic Pain Control Workbook is by far the best of its kind. It truly will walk a chronic pain sufferer through a step-by-step program that, if followed consistently, WILL improve the quality of the chronic sufferer's life. I have used it successfully with thousands of patients. HOWEVER, the book is now out-of-print (for some unfathomable reason that neither the publisher nor the authors care to explain) and I am seeing extreme price gouging! Don't fall for it and do not pay exorbitant prices for a book that's listed at \$17.95. If you can't find a used one for a reasonable price, "The Relaxation & Stress Reduction Workbook (2000, 5th edition, also by New Harbinger Publications) by M. Davis, Elizabeth Eshelman, and Matthew McKay - ISBN: 1572242140 covers almost all the topics just as well as the Pain Control Workbook does. What's missing are the chapters on medications, theories of pain, and vocational issues, but these are covered quite well elsewhere. The Relax workbook is available for list price of \$19.95, but I have seen it used for as little as \$10. A MUCH saner way to go!

I have used this book for nine years in working with individuals with chronic pain. It is skills-based,

and it covers most of the important aspects of psychological treatment of pain. If you cannot get this book, try 10 Simple Solutions to Chronic Pain in addition to The Relaxation & Stress Reduction Workbook.

I bought this book before checking the publication date. Some of the info is relevant, but most of it misses the mark with the current epidemic of pain med addiction.

I have glanced through this book and when able will be working my way through it. Looks like it has a lot of good information that may be helpful to me.

[Download to continue reading...](#)

The Chronic Pain Control Workbook: A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger Workbooks) The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks) The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook) The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse (New Harbinger Self-Help Workbook) Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain (New Harbinger Self-Help Workbook) The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) The Binge Eating and Compulsive Overeating Workbook: An Integrated Approach to Overcoming Disordered Eating (The New Harbinger Whole-Body Healing Series) The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear (New Harbinger Self-Help Workbook) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Dissolving Pain: Simple Brain-Training Exercises for Overcoming Chronic Pain Brain Inflammation in Chronic Pain, Migraine

and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control (New Harbinger Self-Help Workbook) The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series) Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness Blood, Fire, and Thorn (Harbinger of Doom - Volume 5) (Harbinger of Doom series) Gods of the Sword (Harbinger of Doom - Volume 6) (Harbinger of Doom series)

[Dmca](#)