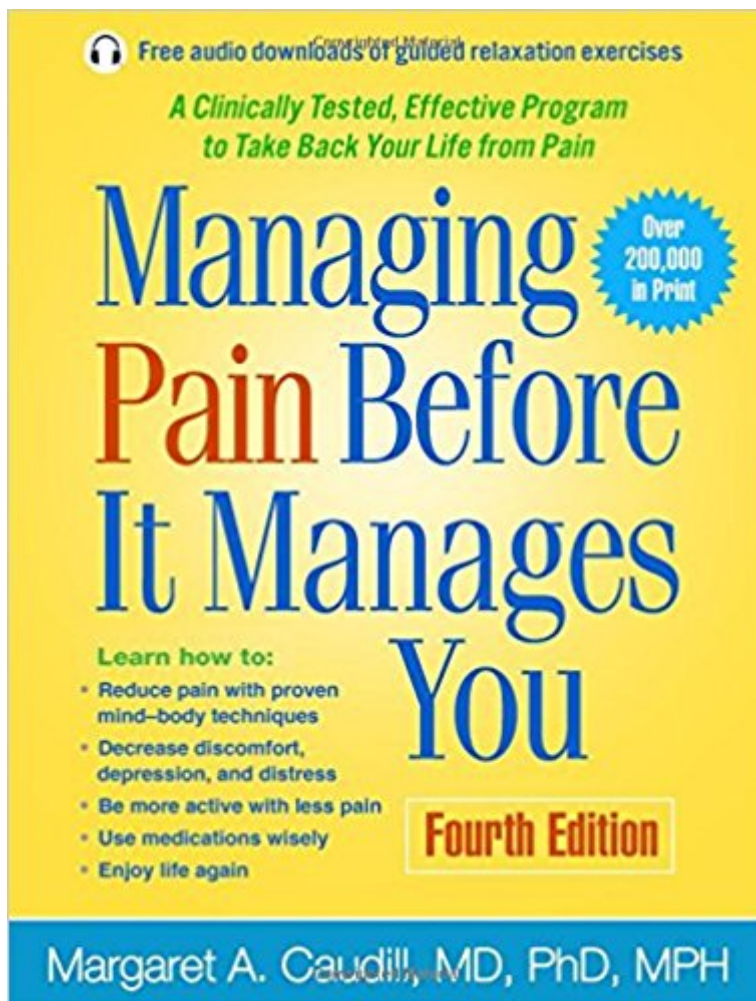


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# Managing Pain Before It Manages You, Fourth Edition



## Synopsis

Join the hundreds of thousands of readers who have found help and hope for getting their lives back from chronic pain in this empowering workbook. Top pain specialist and physician Margaret A. Caudill spells out 10 steps that can radically change the way you feel--both physically and emotionally. Dr. Caudill provides state-of-the-art information about the causes and treatment of pain and guides you to:

- Identify what increases and decreases your symptoms.
- Reduce your pain and emotional distress.
- Make informed decisions about medications and nutritional therapies.
- Benefit from relaxation (including audio downloads), meditation, and gentle exercise.
- Communicate effectively about your pain.
- Learn essential skills for coping and problem solving.
- Set and meet doable personal goals (you can download and print additional copies of the worksheets as needed).

The fully updated fourth edition incorporates important advances in pain management and mind-body medicine. It features new content on mindfulness, a "Quick Skill" section in each chapter with simple exercises that can have an immediate impact, updated supplementary reading and resources (including smartphone apps), and more.

## Book Information

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## Customer Reviews

"For over 20 years, this book has been the premier guide for managing pain. Now in its fourth edition, it is by far the best and most up-to-date step-by-step pain management manual on the market. Dr. Caudill's time-tested program really works. Chock-full of practical advice and tools drawn from years of clinical experience, this is an invaluable resource for everyone who wants to take back control of their life."--Robert N. Jamison, PhD, Departments of Anesthesia and Psychiatry,

Brigham and Women's Hospital, Harvard Medical School "With wisdom and compassion, the fourth edition of *Managing Pain* builds on its timeless core with new insights from emerging research. I have been referring to and highly recommending this book for years. It can help you feel and do better, thrive despite the persistence of pain, and harness the power of the human spirit to restore joy and hope."--Paul Arnstein, RN, PhD, clinical nurse specialist for pain relief, Massachusetts General Hospital "If you suffer from chronic pain, this book is an absolute must! It not only addresses practical issues, but also respectfully acknowledges and addresses the heavy emotional burden. Dr. Caudill's book is our most powerful tool for clients with chronic pain."--Maureen Theberge, RPsych, and Diana Gudim, RPsych, Viewpoint Counselling Psychology, Calgary, Canada "When I first began using the program described in this compassionate book more than 20 years ago, I was suffering from migraine headaches that left me incapacitated--barely able to care for my family or myself. The program alleviated my anxiety and emotional stress and taught me ways to decrease my symptoms and function better. I continue to use the skills to this day."--Gerry R., Massachusetts "This book is a gem that has endured the test of time. Dr. Caudill doesn't promise a cure, but delivers a powerful message about how to reclaim a life interrupted by pain. She is the consummate clinician who lends a compassionate perspective to a very challenging medical problem."--Eileen Stuart-Shor, PhD, APRN, FAAN, College of Nursing and Health Sciences, University of Massachusetts Boston; nurse practitioner, Beth Israel Deaconess Medical Center "Anyone who applies the principles in this unique book will have improved function and quality of life. The updated fourth edition is now even better. I recommend this book to almost all of my patients with chronic pain."--Gilbert J. Fanciullo, MD, MS, Director, Pain Management Center, Dartmouth-Hitchcock Medical Center "I appreciated the tangible tools in this workbook. It was so positive and productive for me to learn how to track my symptoms and identify patterns, and to try the effective techniques Dr. Caudill explains."--Dawna C., New Hampshire "Caudill has developed a clinically tested program recognized throughout the world. Her program for chronic pain has been scientifically proven to significantly lessen anxiety and depression, as well as anger and hostility....The book is user-friendly, providing practical advice in an engaging fashion. Those who have used this approach report that in addition to lessening their suffering from pain, they have learned how to apply its principles to other aspects of their lives. They communicate better, have a more positive attitude, and frequently achieve other elusive health goals. Overall, they report having gained more control over their lives." (on the revised edition) (The Pain Clinic 2015-04-02) "This very complete manual on how to manage one's own chronic pain will be a very useful adjunct to psychotherapy whenever a patient is struggling with long-term pain despite a physician's

care....I would recommend this book to anyone whose practice will find them in relationship to others with chronic pain, be they physicians, psychologists, counselors, nurses, or other practitioners. It would be very useful as an adjunct text in a graduate clinical psychology course on the treatment of chronic pain, cognitive behavioral therapy, or rational emotive therapy, among others." (on the revised edition) (Psychological Reports 2015-04-02)"This book does not just provide excellent content; it is also structured to motivate people and is written in a manner that seems to invite learning....I recommend this volume without hesitation both as a self-help book for chronic pain sufferers and as an important source of treatment information for professionals who may wish to become more knowledgeable about chronic pain and its treatment." (on the first edition) (Journal of Pharmaceutical Care in Pain and Symptom Control 2015-04-02)"The reader gets the sense that the author has great understanding of the experience of living with chronic pain....Very practical suggestions are given." (on the first edition) (Disabilities Studies Quarterly 2015-04-02)"This book presents a well-defined and clearly articulated program designed to teach persons who live with pain how to manage pain and feel more in control of their lives....Occupational therapy practitioners who work with this population should find this book appealing and useful. It is practical and offers clear materials to reproduce and use in group and individual sessions....This book should fit nicely as a valuable resource in any occupational therapy department." (on the first edition) (American Occupational Therapy Association 2015-04-02)

Margaret A. Caudill, MD, PhD, MPH, is a board-certified internist and a Diplomate of Pain Medicine. For more than 30 years, Dr. Caudill has worked to improve the lives of people with chronic illness through medical treatments that address both mind and body. She has researched and written extensively on mind-body medicine and lectures internationally on the biopsychosocial treatment of pain. She is Instructor of Anesthesiology at Dartmouth's "Hitchcock Medical Center's Pain Management Center, Lebanon, New Hampshire, and Clinical Associate Professor of Community and Family Medicine at Dartmouth Medical School and The Dartmouth Institute.

This is an excellent book for anyone that suffers from any type of chronic pain. The doctors & all the medicine in the world won't get you through it. This book helped provide methods for a close relative of mine that suffers from Chron's disease. It was also recommended by several counselors and therapists. Excellent read.

This book was recommended at a professional conference as a tool for patients who live with

chronic pain. It is well written, and I have recommended it to several people.

reads well

Good information on how to control your pain.

Very helpful in working with patients with chronic pain!

Book really helped me to to understand how I can deal with my chronic pain

Great information. Well structured. Working on it to manage my migranes

It's excellent. The online forms are not available as listed though. There are forms to copy in the book but they would print better as a download.

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