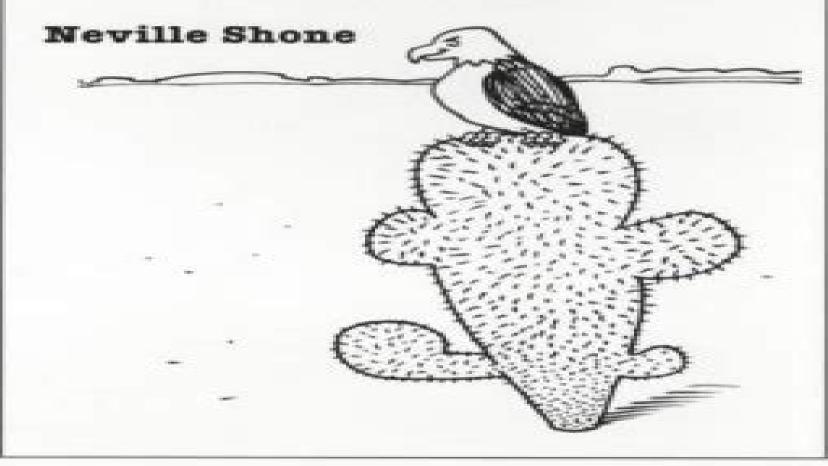
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Coping Successfully with Pain



Coping Successfully With Pain Overcoming Common Problems Series

Kevin Gournay

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are less able or unable to exercise enjoy normal sleep perform household chores attend social activities drive a car or walk while a quarter find that relationships with family and friends are strained or broken Neck pain back pain arthritis allergies and depression are listed as the top five chronic health problems Once established chronic pain is difficult to alleviate However research shows that pain management programmes do limit the experience of pain improving physical functioning and reducing isolation and depression This book is a step by step guide to managing pain that may be used by the individual or by groups it may also be of use to health professionals **Film and Video Finder, 1997**,1997 **Report of the Minister for Education and Cultural Activities** Queensland. Department of Education,1921

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