



Managing Pain Before It Manages You

Margaret A. Caudill

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Imagine finding a way to reduce the amount of time you spend in doctor's offices, and to decrease the discomfort, depression, and anxiety associated with chronic pain. In «MDBR»Managing Pain Before it Manages You, Margaret A. Caudill offers just that/m-/a program designed to help you develop skills for coping with pain so you can enjoy a fuller life. Carefully conceived from the author's many years of working with chronic pain sufferers, this program has been proven effective and is currently in use at the Deaconess Hospital in Boston, Massachusetts and the Hitchcock Clinic in Nashua, New Hampshire. Participants report that they have been able to take control of their pain and cut their doctor visits by more than one-third for up to two years following the program!.

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