[PDF] Explain Pain (8311)

David Butler - pdf download free book

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Description:

Explain Pain is a proven stayer among health texts. With great clarity and quirky images, it answers common questions asked by pain sufferers, such as "Why am I in pain?", "Why has it spread?" and "What can I do to help?"

Explain Pain gives new and immediate hope to pain sufferers and their family and friends. It describes the complexities of the central nervous system for chronic pain patients in everyday language. Studies now show that understanding more about why things hurt can help patients go about their daily lives. This book aims to empower clinicians and pain sufferers to challenge pain, revise their view of pain and follow a scientific road to recovery.

Written by Dr. David Butler and Dr. G. Lorimer Moseley. Illustrated. Spiral-bound softcover; 130 pages.

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