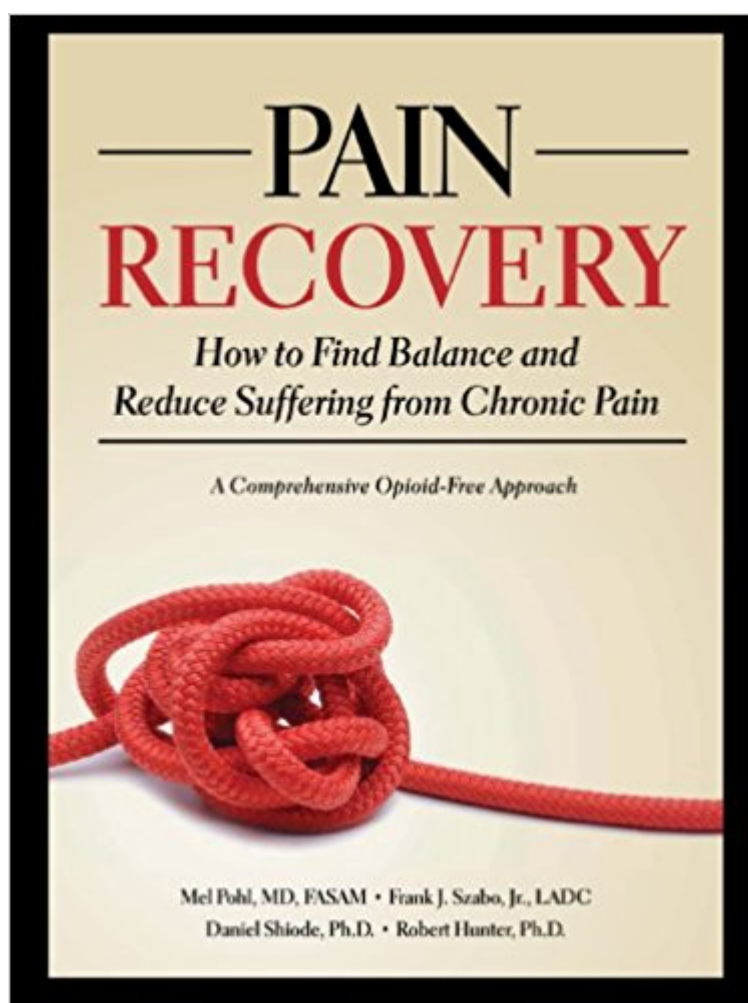


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# Pain Recovery: How To Find Balance And Reduce Suffering From Chronic Pain



## Synopsis

Written by a distinguished team of authors experienced in various areas of chronic pain management and addiction treatment, this comprehensive workbook was developed for anyone struggling with chronic pain and dependence on opioids or other painkillers. Based on a program that has proven highly successful in a treatment setting.

## Book Information

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## Customer Reviews

Book of the Year finalist in the Health category. (ForeWord Reviews)

**Mel Pohl:** Mel Pohl, MD, FASAM is a board-certified family practitioner. He is Vice President of Medical Affairs and the Medical Director of Las Vegas Recovery Center (LRVC), the only private freestanding, medically managed inpatient detoxification and addiction treatment facility in Las Vegas, Nevada. He is a fellow of the American Society of Addiction Medicine (ASAM) and co-chaired ASAM's Third, Fourth, and Fifth National Forums on AIDS and Chemical Dependency. He is the former chairman of ASAM's AIDS Committee and a member of the Symposium Planning Committee. Dr. Pohl is a Fellow of the American Academy of Family Practice and a Clinical Assistant Professor in the Department of Psychiatry and Behavioral Sciences at University of Nevada School of Medicine. Recently, Dr. Pohl was asked by the office of National Drug Control Policy (ONDCP) to consult about its initiative on prescription drug abuse. Dr. Pohl was a key force in developing the Pain Recovery Program at LRVC. He is also the co-author of Pain Recovery: How to

Find Balance and Reduce Suffering from Chronic Pain and Pain Recovery for Families: How to Find Balance When Someone Else's Chronic Pain Becomes Your Problem Too. He lives in Las Vegas, Nevada. Frank J. Szabo, Jr.: Frank Szabo, Jr., LADC has more than twenty years experience as a clinician, supervisor, and executive director within the addiction treatment and recovery fields and has worked for several state-funded treatment programs. He was a key force in developing the Family Renewal Program and Chronic Pain Rehabilitation Program at LVRC. Daniel Shiode: Daniel Shiode, PhD is a licensed clinical psychologist, currently in full-time private practice. Dr. Shiode received his education and training at UCLA and the California School of Professional Psychology, Los Angeles. He has been licensed in California since 1987 and in Nevada since 1992. His areas of specialty include clinical hypnosis, pain management, psychological aspects of medical conditions, and post-traumatic disorders. Robert Hunter: Rob Hunter, PhD is a clinical psychologist licensed in the State of Nevada and is founder of Nevada Psychological Associates and Problem Gambling Center of Las Vegas. Dr. Hunter has received wide media and professional attention for his highly successful compulsive gambling program and is internationally recognized as an expert on problem gambling. In addition, he continues to work with drug and alcohol addiction and the management of chronic pain. He travels widely training other mental health professionals. Dr. Hunter served as a board member to the Nevada State Board of Psychological Examiners. He also has run a multidisciplinary general practice since 1982 and continues to see general practice patients.

After 6 surgeries, chronic pain and 9 years on pain meds I was done. This book (and Ashley Treatment Center) set me on a path where I feel more alive and in less pain. It's been hard. Who would have thought detoxing off doctor prescribed meds could be such hell?! Thank God though, the daily, level 7 pain I lived with is down to a 2-3 (with NO narcotics)! Recovery began here. I'm learning a new way of dealing with pain - rather than curse it, or reach for a pill, to somehow use what I've learned to work through the anxiety. And this book was one of the practical tools - especially when I wrote out my answers in the workbook. Frankly, it's been a wake up call. I was numbing my pain - which was separating me from relationships with others and the God of my understanding. Thankfully, I am slowly reconnecting with my own heart as well as those I love.

Potentially addictive pain medications do not have to be the "be-all and end-all" of pain management. Stronger and stronger medications and increased dosages may lead to addiction, plus have decreasing effectiveness; withdrawal can be agonizing. This physician's book offers diverse options for the management of pain. They do require some self-discipline/practice, but the

options can be very helpful, with improving effects over time. Increased relaxation with less physical and emotional tension seems like a great alternative to addiction. This author has significant pain management treatment experience in a rehabilitation setting. Recommended.

I have suffered with spinal problems for a long time. I got addicted to prescribed opiates due to the problem. (The pain is 90% better OFF the pain meds!) Dr. Pohl was due to speak at an event near where I live. I got the book to see if it could help. It did! Many of the concepts in the book have worked well for me. Chronic pain is an issue suffered by many. This book helped me in a big way.

Good book for those needing help and just starting out in their journey with chronic pain. I found it talked much too much about addiction and not as much as I wish to learn about chronic pain. I understand the two can go hand-in-hand for so many but it became somewhat tedious if this is not an issue for you. Unfortunately, I have already after 20 years discovered 90% of what this book recommended and I could have taught them some more. I HIGHLY RECOMMENDED this book if you are new or are struggling with ANY chronic pain issues. These Doctors have found some wonderful solutions for you but only if you decide to apply them to your life.

Good Plan !N.H.

Good information!

much of the cognitive tools are available on-line

I'm not, but still reading it for what I can learn to help me with my chronic pain. I Didn't realize the focus, when I ordered mine.

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