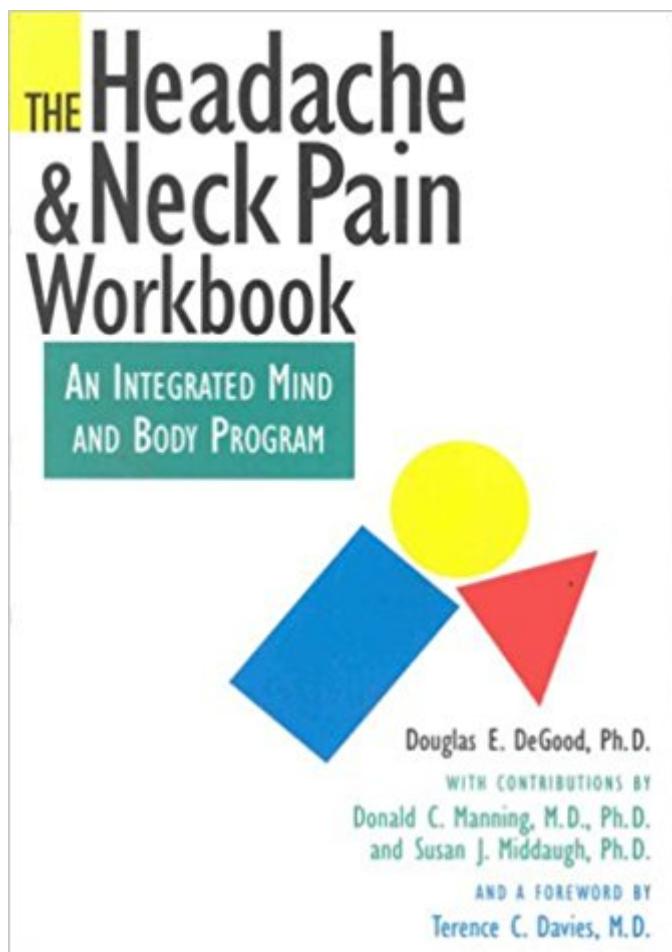


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# The Headache And Neck Pain Workbook: An Integrated Mind And Body Program



## Synopsis

This workbook combines the latest medical research with proven alternative therapies to help you get rid of that pain in your neck. The book offers you a step-by-step guide to techniques you can use to manage the complex mind-body interaction that contributes to and prolongs your pain. Chapters contributed by a physician and a physical therapist explain how medication and physical therapy and exercise can contribute to a comprehensive self-management program.

## Book Information

Paperback: 184 pages

Publisher: New Harbinger Publications; 1 edition (November 1, 1997)

Language: English

ISBN-10: 1572240865

ISBN-13: 978-1572240865

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 13.3 ounces

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #3,227,935 in Books (See Top 100 in Books) #67 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #1842 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #2396 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

Douglas E. DeGood, PhD, is a clinical psychologist specializing in behavioral medicine. He is director of psychology for the Pain Management Center and an associate professor in the Departments of Anesthesiology and Psychiatric Medicine of the University of Virginia School of Medicine in Charlottesville, VA.

Great book for neck pain

Headache & Neck Pain WorkbookI wish I had found this book over 18 years ago, when I first started to get migraine headaches. I have fibromyalgia, and this book is helping me to get rid of my migraines.

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The Headache and Neck Pain Workbook: An Integrated Mind and Body Program Fixing You: Neck Pain & Headaches: Self-Treatment for healing Neck pain and headaches due to Bulging Disks, Degenerative Disks, and other diagnoses. Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Prevent Wind Diseases: DIY Cure Stiff-Neck Pain, Migraine Headache, Edema, and Brain Tumor The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Neck Check: Chronic Neck Pain Relief Once and For All (Super Spine) Management of Headache and Headache Medications Handbook For Headache Relief: Headache...BE GONE! The Pain System: The Neural Basis of Nociceptive Transmission in the Mammalian Nervous System (Pain and Headache, Vol. 8) Heal Your Headache: The 1-2-3 Program for Taking Charge of Your Pain Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Heal Your Pain Now: The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life 3 Minutes to a Pain-Free Life: The Groundbreaking Program for Total Body Pain Prevention and Rapid Relief 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot 7 Steps to a Pain-Free Life : How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain

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