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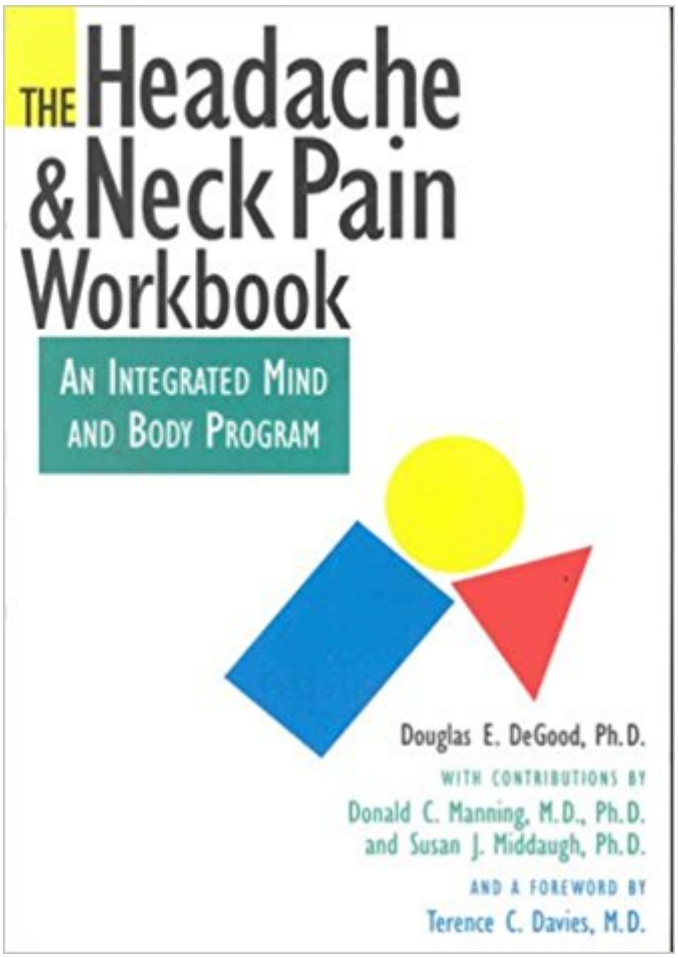
The Headache And Neck Pain Workbook: An Integrated Mind And Body Program



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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

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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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