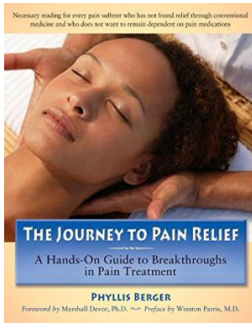


Find Doc

THE JOURNEY TO PAIN RELIEF: A HANDS-ON GUIDE TO BREAKTHROUGHS IN PAIN TREATMENT



Hunter House. Paperback. Condition: New. 288 pages. Dimensions: 9.3in. x 7.5in. x 0.7in. Through her extensive experience with pain clinics, author Phyllis Berger a chronic pain sufferer herself realized that pain relief was highly dependent on stress factors. She found relief could be more rapidly achieved by blocking pain with electrical currents and acupuncture, relieving anxiety and releasing emotions, and increasing pain-free movements with exercises, especially enjoyable exercises that build strength and endurance. Focusing on the brain and its complex chemical...

Read PDF The Journey to Pain Relief: A Hands-On Guide to Breakthroughs in Pain Treatment

- Authored by Phyllis Berger
- Released at -



Filesize: 6.93 MB

Reviews

Comprehensive guideline! Its such a good read through. It is actually written in basic words and not confusing. I am just easily could possibly get a enjoyment of reading a composed book.

-- **Lonzo Wilderman**

A must buy book if you need to adding benefit. This is for anyone who stante that there had not been a well worth reading through. Its been designed in an exceptionally straightforward way which is simply right after i finished reading this book where basically changed me, change the way i think.

-- **Adrien Robel**

This ebook can be worthy of a go through, and a lot better than other. Better then never, though i am quite late in start reading this one. Its been printed in an exceedingly easy way which is just soon after i finished reading this book where basically modified me, affect the way i really believe.

-- **Seth Fritsch**