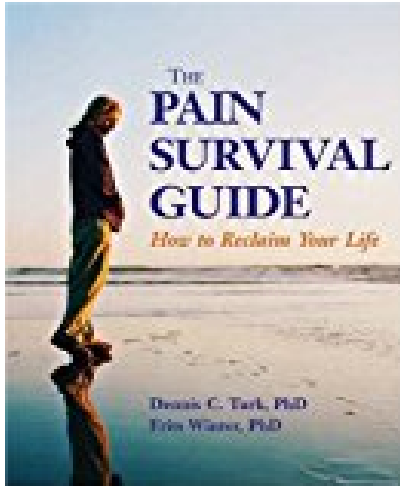


# The Pain Survival Guide How to Reclaim Your Life APA Lifetools

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## BOOK DETAILS

- Author : Dennis C Turk PhD
- Pages : 203 Pages
- Publisher : American Psychological Association (APA)
- Language : English
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## BOOK SYNOPSIS

Chronic pain sufferers can find hope and relief with this proven ten-step program that shows how gradual changes in specific behaviors can lead to great improvements in the ability to cope. Workbook exercises, behavior logs, and suggested readings help integrate these lessons into daily life.

### **THE PAIN SURVIVAL GUIDE HOW TO RECLAIM YOUR LIFE APA**

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