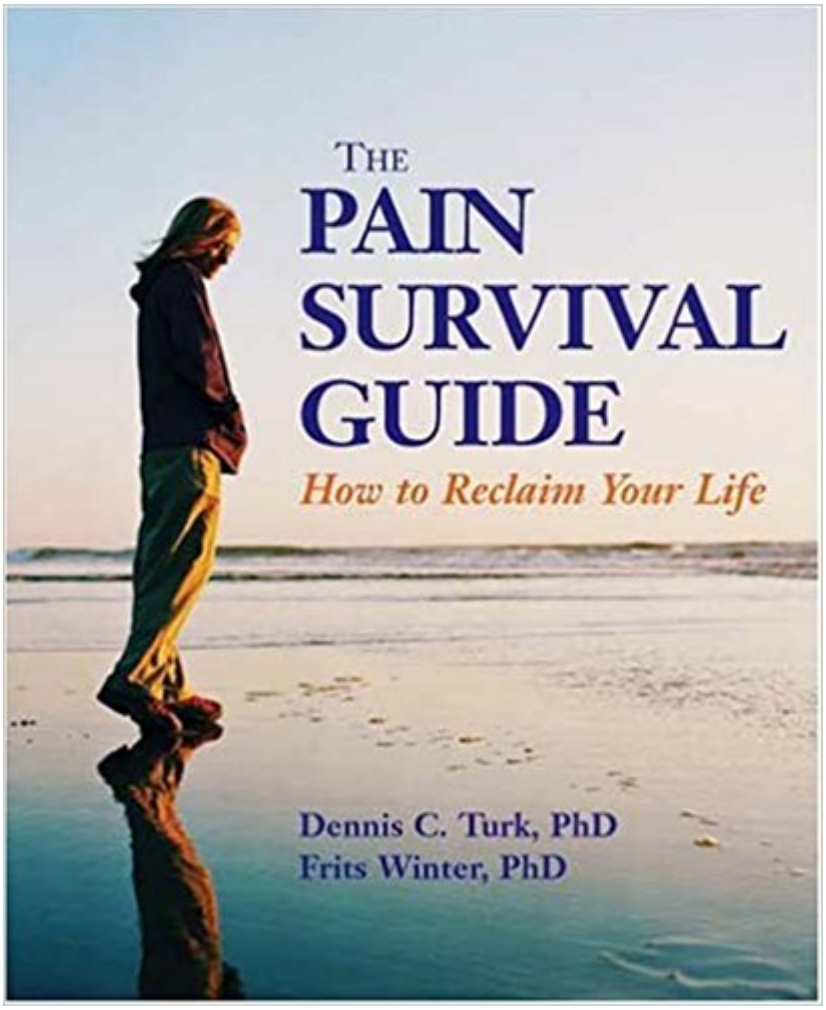
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The Pain Survival Guide: How To Reclaim Your Life (APA Lifetools)



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Synopsis

If you suffer from chronic pain, this proven 10-step program brings hope and relief, showing you how gradual changes in specific behaviors can lead to great improvements in your ability to cope. Psychologists Turk and Winters' recommendations are based on solid research that shows what works and on their success with thousands of patients. Unlike the authors of other pain books, they promise no miracle cures, but they do help you learn not to let your body push you around so life becomes enjoyable again. and the deceptive ways it fools your body into unconstructive behavior; Pacing your activity, so you build strength without overdoing or underdoing it; Learning how to induce deep relaxation so you can begin to enjoy life again; Dealing with disturbed sleep and chronic fatigue; Improving your relations with family and friends, and soliciting support; Changing your habitual behaviors in ways that reduce pain; Combating the negative thinking that often accompanies pain; Regaining your self-confidence and trust in yourself; The power of goal-setting and humor; Dealing with the inevitable relapses and setbacks once improvement has set in. Workbook exercises, behavior logs, and suggested readings help you integrate these lessons into your daily life and learn to live well despite pain.

Book Information

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Customer Reviews

"Turk’s and Winter’s vast clinical experience and command of the subject shine through on every page. Highly recommended." —Robert T. Cochran Jr., MD, Author of Understanding Chronic Pain: A Doctor Talks to His Patients "The Pain Survival Guide: How to

Reclaim Your Life is the best book I’ve read on the emotional fallout from chronic pain. In this warm, inspiring, and highly readable work, Turk and Winter have written the ultimate guide for taking your life back from the ravages of pain. I can’t imagine trying to live in pain without the wisdom contained in this book." —James N. Dillard, MD, Author of The Chronic Pain Solution and the PBS special Chronic Pain Relief, Columbia University Medical Center, New York, NY "A must-read book! The Pain Survival Guide: How to Reclaim Your Life will empower all people who must live with chronic pain by providing a commonsense approach to managing their pain and their life. The book is filled with easy-to-follow tools that motivate a person with pain to achieve a fuller life. should be read and reread by people with chronic pain as well as those who care about them." —Penney Cowan, Founder, Executive Director, American Chronic Pain Association, Rocklin, CA "The experience of chronic pain can adversely affect an individual’s level of confidence and ability to feel in control of his or her life, yet this book provides readers with a definitive course of action, which will enable them to adapt to the situation and reclaim a life worth living." —Lynne Matallana, President, Editor-In-Chief, National Fibromyalgia Association "Drs. Turk and Winter have combined their years of expertise to help any person change from feelings of helplessness to a sense of control over their pain. The information is presented in an easy-to-understand manner that employs time-tested interventions for pain management. The useful charts monitor progress, and relevant examples illustrate each point. The title says it all!" —Robert N. Jamison, PhD, Associate Professor, Harvard Medical School, Boston, MA

Dr. Dennis C. Turk has been involved in the assessment and treatment of people with various chronic pain conditions for over 25 years. He is the John and Emma Bonica Professor of Anesthesiology and Pain Research and director of the Fibromyalgia Research Center at the University of Washington in Seattle. Dr. Turk has published more than 380 articles and chapters in scholarly journals and books. In addition, he has written or edited 12 volumes on different aspects of pain and chronic illness including Health, Illness and Families; Handbook of Pain Assessment; and Bonica’s Management of Pain. He is an advisor to the National Fibromyalgia Association and the American Chronic Pain Association, both groups of people with chronic pain and their families. Dr. Turk is currently the president of the American Pain Society and editor-in-chief of The Clinical Journal of Pain. Dr. Frits Winter is head of his own pain clinic near Eindhoven in the Netherlands. Dr Winter was president of the Dutch chapter of the International Association for the Study of Pain (1994–2002). He has been involved in pain management throughout his long academic career and is the author of several self-help books, including his best-selling book De Pijn de Baas (How to

Beat Pain, 7th Edition). This book has become a standard resource in Dutch pain management programs. Dr. Winter is a teacher of postgraduate courses at the University of Groningen in Tilburg, the Netherlands, and has taught postgraduate courses at the University of Djakarta and Soerabaja in Indonesia.

I took a 40 hour Dr conducted pain class that used this book. I have had chronic pain for 20 years and this have utilized many forms of pain relief. This book would have been more helpful for me if I had read it early on in my struggles with pain. The authors are positive and maintain that reading and practicing what the book proposes will benefit you. High promises that didn't pan out for me. My best take away from the class & book was the realization that pain relief for me was not one item. It was a list of items. For me I created a list of over 15 items and tricks accumulated over 2 decades. It ranges from physical therapy, hot paraffin wax treatments, braces, OTC & Precription medicines, thought redirection, TENS Unit and many more. No one item will work all the time. Find what works for you and rotate your weapons against pain. Until they devise a way to operate and eliminate pain, we are stuck using these "band aids" to temporarily mask the pain signal.

Like the way this book helps you become at peace with your pain, not out of acceptance or sad-denial of what your life is, but in acknowledging that pain is just a small piece of your life in general. It taught me about pacing, resting, and breaking down my goals into more, smaller chunks. I kept trying to do what I'd always done, judging myself and my abilities by what I did before. I see now what a disservice I was doing to myself. I have so many more days and gifts to give, if only I do what I can with as little pain as possible, then rest. I'll get another round to continue my journey again soon. The big take-away I have from this book is to measure your pain regularly at first, then to observe what you were trying to do and when the big pain began. Then, to break down the task(s) into smaller segments, with rest and strength-gaining breathing before continuing.

My doctor recommended this book to me for chronic ankle and back pain. I am 29 and was struggling to accept that I will be permanently disabled. I knew I needed a paradigm shift to stop viewing myself as "broken" or something less than what I once was.The Pain Survival Guide helped me realize that I was not alone in dealing with chronic pain. This is an excellent resource for everyone suffering from any level of chronic pain. I think you will be pleasantly surprised at how the chapters of this book resonate with the pain you are living with. It will give you the tools needed to stop allowing pain to dictate how you live your life. I would recommend this to your friends and

family members so they can also understand what you are going through.I am significantly better at pacing myself and managing my level of pain. My perspective has changed, and instead of always regretting what I cannot do, I acknowledge my limitations and pace myself for activities I can do. Dealing with chronic pain isn't easy, but I believe this book will help.

After struggling for years with chronic pain and feling as though I was getting nowhere, I was finally encouraged to read this step by step guide in how to regain my life and manage my conditions. The Pain Survival Guide is aptly named, as it covers your emotional wellbeing, thoughtfully guides you through understanding and acceptance of your own abilities and reminds us not to compare ourselves to others, whether they suffer from pain or are free of chronic illness. Through the use of this book and help from a supportive counselor, I was able to see myself as capable again and to see that I can make progress in increasing my strength and abilities no matter my disability. Slow and steady progress, routines and relaxation or meditation techniques are resources taught in this book. I will go back to this amazing resource time and again to remind myself as needed to stay positive and face each day anew.

I've had chronic back for over 20 years after failed back surgery. The problems it's created have been endless (and a lot of them still are). My doctor recommended this book. I've been through so many back schools and pain management classes I could teach one. I thought "great, another book to read about stuff I already know" but figured I had nothing to lose. I started reading and discovered a world of information I hadn't read or been given before. Not just about what to do on a physical level but how to talk to your friends and family about your pain AND your spouse/significant other as well. It's a tough subject and hard to approach. You don't want to always be complaining about your pain but you want the people around you to understand how you feel, why you feel the way you do and what they can do to help. It was full of information that I've found to be wonderfully helpful, especially with the relationship part of it. After living alone for so many years, sharing my life with pain was something I've been struggling with and this book has helped a great deal. I highly recommend it to anyone with chronic pain or for anyone who is simply going through surgery that's going to require a long period of recovery. It not only helps you deal with your pain, it helps those around you as well. It's important to know how to express yourself without being "offensive" or sounding bitchy or shutting people out. Asking for help is hard but allowing yourself to accept it is sometimes harder. This book will help. Well worth the money which in my opinion was not too high at all. I've paid a lot more for a lot less. Get it, you won't regret it. In fact, get one for those in your life

that are close to you, too.

I personally didn't care for the writing style of this book and I'm trying others instead.

Such a helpful book! Easy to read and actually understand. Hits on all sorts of chronic pain- really helps you learn how to deal with it pain in a healthy way. Good tips and goals that is gives you and helps you set. Definitely would recommend to anyone who is in need of help dealing with chronic pain. Recommended by psychologists. Great price for wonderful product.

Actually using this in a Weekly Pain Group I'm attending. We're using and following the book.

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