



## Conquer Chronic Pain: An Innovative Mind -Body Aproach

By Peter Przekop

Hazelden Information & Educational Services. Hardback. Book Condition: new. BRAND NEW, Conquer Chronic Pain: An Innovative Mind -Body Aproach, Peter Przekop, The incidence of chronic pain has taken on epidemic proportions. The common response of traditional medicine has been to prescribe opioid painkillers, which can lead to overdose and addiction. Over the past ten years, Dr. Peter Przekop has developed a revolutionary alternative program to manage pain that goes well beyond the short-term relief of prescription painkillers. Przekop discovered that pain can become chronic, not just because of the trauma that caused it, but because the brain becomes programmed to recreate the experience of pain as a coping mechanism. Conquer Chronic Pain will help you return to pain-free functioning. Gain the same insights Dr. Przekop has brought to hundreds of chronic pain sufferers by learning how the brain can be reprogrammed to alleviate pain. You'll also learn how chronic stress, adversity, and negative emotions influence how we experience and interpret pain and what to do to reverse the pattern. Dr. Przekop provides a daily routine of exercises that have proven effective in managing chronic pain, often completely relieving it and the deep despair it can cause. Following his program brings...



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