



Managing Pain Before It Manages You, Third Edition

By Margaret A. Caudill

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Imagine finding a way to spend less time in doctors' offices, and to decrease the discomfort, depression, and anxiety associated with chronic pain. *Managing Pain Before It Manages You* offers just that--a program to help you reduce your pain and learn coping skills to get your life back. Developed over the author's many years of working with chronic pain sufferers, this program has been proven effective. Program participants report that they have been able to take control of their pain *and* cut their doctor visits by more than one third! Straightforward and compassionate, this hands-on guide provides detailed information plus step-by-step techniques, activities, and worksheets (perforated for easy removal and photocopying). Dr. Margaret Caudill helps you:

- *Understand the causes of chronic pain
- *Recognize what increases and decreases your pain symptoms
- *Reduce your pain and emotional distress
- *Learn effective problem solving
- *Make informed decisions about medications and nutritional therapies
- *Incorporate relaxation, meditation, and gentle exercise into your daily routine
- *Communicate effectively about your pain
- *Set realistic goals

New to the Third Edition

Thoroughly revised and updated, the third edition includes the latest information on medications and other clinically proven treatment strategies, expanded coverage of specific pain disorders, and a new appendix featuring Internet resources. Plus, readers can download free MP3 audio files of three of the guided relaxation exercises in the book (one hour total).

Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

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Editorial Review

Review

"A wellspring of wisdom and practical approaches that can help transform your life as well as your pain. Caudill is one of the original pioneers in the holistic approach to pain management."--Joan Borysenko, PhD, author of *Minding the Body, Mending the Mind*

"Too often, people with chronic pain feel that they are on a lonely and isolated journey. This book is a 'must-have' companion that can point the way to many new possibilities. With step-by-step guidance, it empowers readers to take back their lives from pain."--Scott Fishman, MD, author of *The War on Pain*

"Focusing on what people can do on their own to manage persistent pain, this is a truly special book. It is packed with important information and practical tips from one of the leading international authorities in the field."--Francis J. Keefe, PhD, Associate Director for Research, Duke University Pain and Palliative Care Program

"Dr. Caudill's book and program gave me back my life after I was involved in an automobile accident. The pain that became chronic was untreatable, and it felt as though my life was lost. Then my doctor referred me to Dr. Caudill's 10-week pain management program, which provided me with the tools to put my life back together. Gradually, I was able to return to work full time and manage the pain and stress on a daily basis. Now I use Dr. Caudill's book to run periodical pain management programs at the clinic where I am employed. It's amazing how clients can be transformed."--Nancy L. Hale, MEd, LMHC

"Dr. Caudill's book helped me deal with the debilitating pain that accompanied one stage of my cancer treatment. I found it easy to respond to the book's logical approach and actionable suggestions. Before long I had a set of tools that not only helped me manage my pain but also helped me manage other side effects I was experiencing. This is truly an empowering resource!"--Brenda Isaacs, Lyme, New Hampshire

"This wonderful book is responsible for helping thousands of our patients manage their chronic pain. Offering tested, up-to-date advice, Dr. Caudill helps the reader have a happier, more productive life--with less pain."--Gilbert J. Fanciullo, MD, Director, Section of Pain Medicine, Dartmouth Hitchcock Medical Center

"If there were a course called 'Living Your Life 101' for people with chronic pain, this wonderful guide would be the textbook. I can attest that the program in this book, over time, leads to a sense of peace, a deeper ability to cope, and the possibility of enjoying life again."--Ann S., Brookline, New Hampshire

"This book continues to be the gold standard for the self-management of pain. It is informative, easy to read, and encouraging. An invaluable guide for anyone who wishes to take charge of his or her life despite persistent pain."--Dennis C. Turk, PhD, coauthor of *The Pain Survival Guide*; John and Emma Bonica Professor of Anesthesiology and Pain Research, University of Washington

"A clinically tested program recognized throughout the world. [Caudill's] program for chronic pain has been scientifically proven to significantly lessen anxiety and depression, as well as anger and hostility....The

publication of *Managing Pain Before It Manages You* allows those who are not participating in a formally structured program to make use of its approach."

(The Pain Clinic 2008-10-04)

About the Author

Margaret A. Caudill, MD, PhD, MPH, is a board-certified internist and a Diplomate of Pain Medicine. For more than 25 years, Dr. Caudill has worked to improve the lives of people with chronic illness through medical treatments that address both mind and body. She has researched and written extensively on mind-body medicine and lectures internationally on the biopsychosocial treatment of pain. Currently, she is Instructor of Anesthesiology at Dartmouth Hitchcock Medical Center's Pain Management Center, Lebanon, New Hampshire, and Adjunct Associate Professor of Clinical and Family Medicine at Dartmouth Medical School.

Users Review

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Troy Riley:

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Frances Stone:

Playing with family in a very park, coming to see the ocean world or hanging out with buddies is thing that usually you have done when you have spare time, and then why you don't try thing that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love *Managing Pain Before It Manages You*, Third Edition, you could enjoy both. It is excellent combination right, you still want to miss it? What kind of hang type is it? Oh occur its mind hangout fellas. What? Still don't get it, oh come on its known as reading friends.

Laura Buscher:

This *Managing Pain Before It Manages You*, Third Edition is brand-new way for you who has intense curiosity to look for some information as it relief your hunger info. Getting deeper you onto it getting knowledge more you know or you who still having little bit of digest in reading this *Managing Pain Before It Manages You*, Third Edition can be the light food for yourself because the information inside this specific book is easy to get by anyone. These books build itself in the form that is reachable by anyone, that's why I mean in the e-book web form. People who think that in book form make them feel tired even dizzy this e-book is the answer. So there is not any in reading a book especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss the item! Just read this e-book variety for your

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