



The Mystery of Pain

Douglas Nelson

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The more deeply you understand the process of pain, the more power you have to influence it. Emerging advances in the science of pain are not only fascinating; they open doors to possible avenues of treatment. This book presents a comprehensive, accessible guide to the scientific understanding of pain. Covering the traditional scientific models of understanding as well as the current research, the book explores the different types of pain, providing clear explanations of the structures and processes involved. It examines key issues such as the placebo effect, fibromyalgia syndrome (FMS), and how social support and understanding can be powerful tools in reducing pain's devastating effects. The book also looks at diagnosis and measurement of pain, and how different models of thinking affect the relationship between patient and clinician. Approaching pain in a practical and scientific way, the book helps readers understand the processes of pain. It will be essential reading for anyone who wants to know more about pain and pain management, alternative medicine practitioners, massage therapists and psychotherapists.

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Susan Parker:

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