



An Introduction to Living Well with Pain (Paperback)

By Frances Cole, Pete Moore, Zoey Malpus

Little, Brown Book Group, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Practical footsteps to help you live well with a chronic pain conditionIf you live with a long term condition that causes you chronic pain, then you are not alone. Chronic or persistent pain affects many adults and children in many ways. It can impact on your mood, your home and work life, your relationships, your sleep, your activities and all areas of your health. It can take your life over. Change is possible. Effective pain management requires a practical multi-focused approach. This self-help guide brings together tools that have worked with thousands of people with pain. It guides you through skills that help you stop struggling and cope well with pain, including:* Goal-setting, making action plans and rewarding yourself* Pacing your day to day activities and building in relaxation practice* Developing healthy exercise and eating routines* Sleeping well again* Coping with setbacks.



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