



# Pain Management: Learning to Live With Pain

*Renée Goossens*

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# Pain Management: Learning to Live With Pain

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## **Pain Management: Learning to Live With Pain** Renée Goossens

This is a unique book written by a patient - herself a chronic pain sufferer for over four decades - for patients. Renee Goossens recounts her battles with pain and her inspirational success in surviving pain. This unique book aims to teach patients: how to communicate with doctors simply; how to be assertive yet polite; how to seek a second opinion without damaging relationships with other treating practitioners; how to assess complementary therapies. Written in plain language, the book explains the effect of pain on the human nervous system. It provides medical and psychological strategies to enable patients to help themselves. For those living with constant pain, the book acknowledges and clearly demonstrates how to cope with: Emotional pain; Depression; Grief and Loss; and, Maximise the quality of life. This book provides up-to-date information, reference material and case histories on sensitive issues of Dementia Care, Neurological Diseases, the work of Carers, Respite Care, Children's Hospices, Caring for those with Life Limiting Illnesses, Death and Dying and Grief Counselling. This book will change how you understand and cope with Pain.

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