

Stop Pain: Quick Cues to Self-Empowerment (Paperback)



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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.
(Newton Runolfsson)

STOP PAIN: QUICK CUES TO SELF-EMPOWERMENT (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Pain can interfere with life and work. These quick cue steps can help STOP Pain. When the natural power of one s own body is used to stop pain, it is very self-empowering. Medication may be added to supplement these steps for severe or persistent pain, but narcotic based medication should be used very sparingly to avoid addiction that can be very difficult to deal with. However, the Steps of STOP Pain can be combined with medication to reduce the amount of medication needed to control pain. Refer to the last page for a review of Self-empowerment through the Quick Steps to STOP Pain.



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