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PAIDOS, 2011. Condition: Nuevo. Imagínese que encuentra la manera de pasar menos tiempo en la consulta del médico y de reducir el malestar, la depresión y la ansiedad que acompañan al dolor crónico. Controle el dolor antes de que el dolor le controle a usted le ofrece justamente eso: un programa para ayudarle a reducir el dolor y aprender las habilidades necesarias que le permitan recuperar su vida. Este programa, desarrollado a lo largo de los años de experiencia de la doctora Caudill trabajando con pacientes afectados de dolor crónico, ha demostrado ser eficaz. Los participantes afirman que han sido capaces de controlar su dolor y de reducir considerablemente las visitas al médico. Esta guía práctica, sencilla y próxima proporciona información detallada, técnicas paso a paso y actividades que le ayudarán a entender y afrontar el dolor para resolver definitivamente los problemas vinculados al dolor crónico.



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