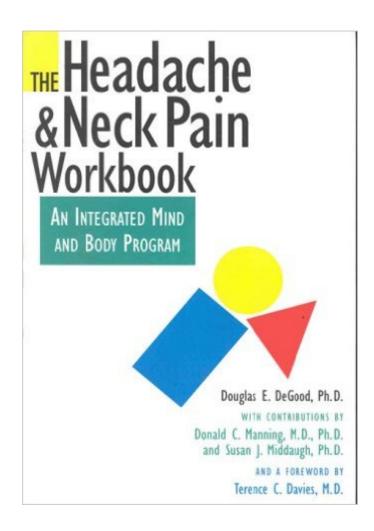
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# The Headache And Neck Pain Workbook: An Integrated Mind And Body Program





# **Synopsis**

This workbook combines the latest medical research with proven alternative therapies to help you get rid of that pain in your neck. The book offers you a step-by-step guide to techniques you can use to manage the complex mind-body interaction that contributes to and prolongs your pain. Chapters contributed by a physician and a physical therapist explain how medication and physical therapy and exercise can contribute to a comprehensive self-management program.

## **Book Information**

Paperback: 184 pages

Publisher: New Harbinger Publications; 1 edition (November 1, 1997)

Language: English

ISBN-10: 1572240865

ISBN-13: 978-1572240865

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 13.3 ounces

Average Customer Review: 5.0 out of 5 stars Â See all reviews (2 customer reviews)

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Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

Headache & Neck Pain Workbookl wish I had found this book over 18 years ago, when I first started to get migraine headaches. I have fibromyalgia, and this book is helping me to get rid of my migraines.

### Great book for neck pain

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