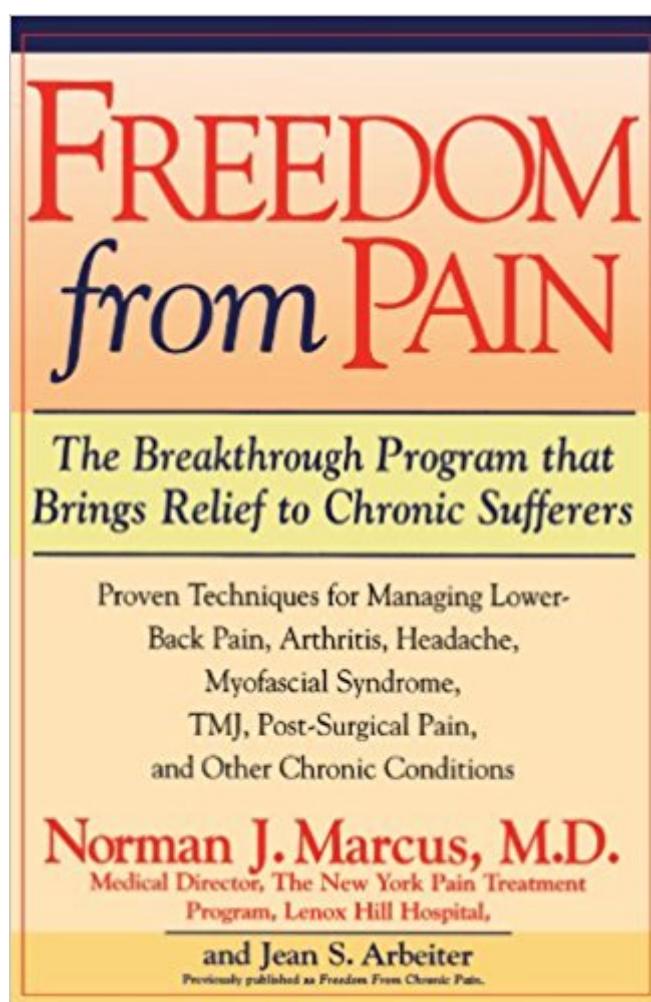


The book was found

# Freedom From Pain: The Breakthrough Method Of Pain Relief Based On The New York Pain Treatment Program At Lenox Hill Hospital



## **Synopsis**

If you are one of the 50 million Americans who suffer from pain and have searched to no avail for a smart, safe, and, most of all, effective solution, you may find relief in Dr. Norman Marcus's Freedom from Pain. Adapted from Dr. Marcus's remarkable narcotics-free New York Pain Treatment Program at Lenox Hill Hospital, this book will teach you, in carefully graduated steps, how to surrender the attitudes that are holding you prisoner to pain and how to master the physical and mental techniques that can set you free -- techniques that have had an unprecedented success rate and will work with just about any type of chronic pain, including lower-back ailments, headaches, and arthritis. Dr. Marcus is both supportive and sympathetic, giving even the most severe cases reason for optimism, and his book is the next best thing to a visit to the Pain Treatment Program itself.

## **Book Information**

Paperback: 240 pages

Publisher: Touchstone; Reprint edition (April 28, 1995)

Language: English

ISBN-10: 0671511653

ISBN-13: 978-0671511654

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 13.1 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ  See all reviewsÂ  (7 customer reviews)

Best Sellers Rank: #842,074 in Books (See Top 100 in Books) #113 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #151 inÂ  Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Pain Medicine #290 inÂ  Books > Medical Books > Pharmacology > Pain Medicine

## **Customer Reviews**

This book is a good read for those of us who have attempted many different methods and seen countless doctors in an effort to alleviate the suffering at the hands of chronic pain. The main leap of faith one has to make if this book is to be at all effective is that chronic pain is muscular in nature. How we deal with this knowledge is the key to overcoming chronic pain's hold on us. This is not to say that chronic pain cannot be treated by various medical procedures. Only that if pain persists for long periods of time, a new approach may be needed. In my own case, after five years of headaches, I finally was diagnosed with feraminal stenosis at C3-C4 and had a dissection and fusion performed. In laymen's terms, two of my nerves roots were constricted where they exited the

spine in my neck. The operation basically "cleaned up" the area surrounding the nerves roots. By doing this operation from the front of the neck, a disk is sacrificed and a piece of bone implanted for fusion. After this operation, I still struggled with very much the same pain as before, once the operative recuperation was complete. My neurosurgeon and I were quite sure that the operation had repaired the damage that had been causing my pain. My neurosurgeon was quick to note this did not necessarily mean that the pain would go away. I was told the pain may be eliminated totally, partially or not at all. Not what one wants to hear but, honest nonetheless. I give my own history so that others with chronic pain might at least listen to my review of the book and its methods. Whether one has had treatment of one sort or another to alleviate chronic pain or not, this book is worth a read. I would also recommend that you inform your doctor of this book.

[Download to continue reading...](#)

Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital The MELT Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day! The MELT Method (Enhanced Edition): A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day! The New York Times Monday Through Friday Easy to Tough Crossword Puzzles: 50 Puzzles from the Pages of The New York Times (New York Times Crossword Puzzles) The New York Times Acrostic Puzzles Volume 9: 50 Challenging Acrostics from the Pages of The New York Times (New York Times Acrostic Crosswords) Clinical Anesthesia Procedures of the Massachusetts General Hospital: Department of Anesthesia, Critical Care and Pain Medicine, Massachusetts General ... of the Massachusetts General Hospital) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) A Beautiful Blue Death (Charles Lenox Mysteries Book 1) The Massachusetts General Hospital/McLean Hospital Residency Handbook of Psychiatry Naturally Sinusitis Relief FAST: Top effective home remedies to instantly stop sinus infection: - A quick read and easy steps for headache relief & nasal treatment - Simple treatments guarantee 3 Minutes to a Pain-Free Life: The Groundbreaking Program for Total Body Pain Prevention and Rapid Relief The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain,

Foot Problems, Foot Pain Relief, Foot Reflexology) Tinnitus: Tinnitus Treatment Relief -Learn How To Restore Your Hearing With Natural Homemade Remedies And Treatments! (Hearing Loss Cure, Tinnitus Treatment, Stop Ear Ringing) The Whartons' Stretch Book: Featuring the Breakthrough Method of Active-Isolated Stretching Younger: The Breakthrough Anti-Aging Method for Radiant Skin The New York Times Tons of Puns Crosswords: 75 Punny Puzzles from the Pages of The New York Times Corruption and Racketeering in the New York City Construction Industry: The Final Report of the New York State Organized Crime Taskforce

[Dmca](#)