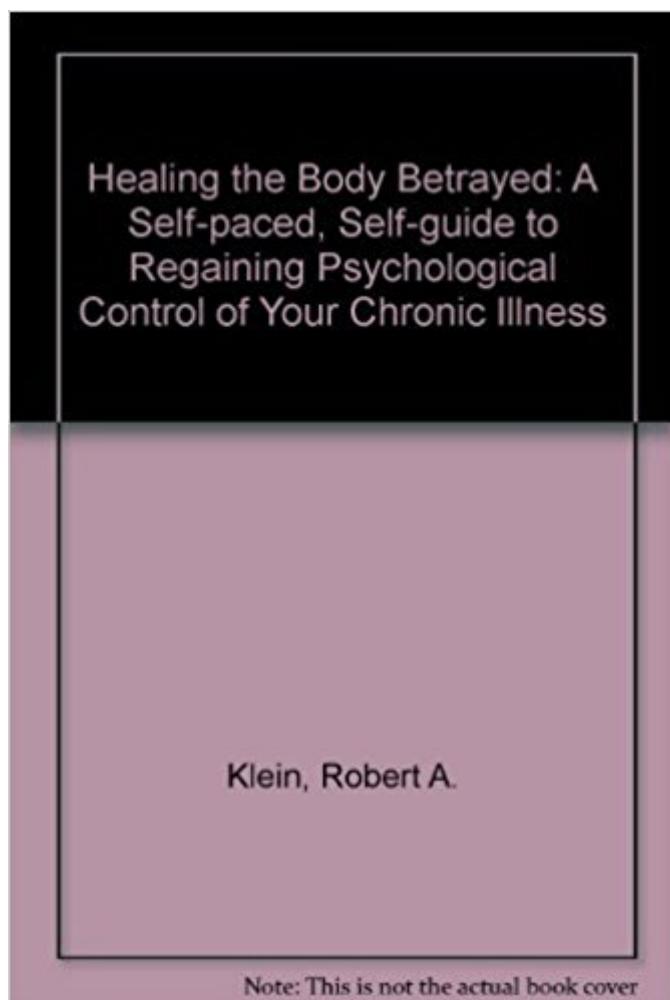


The book was found

Healing The Body Betrayed: A Self-Paced, Self-Guide To Regaining Psychological Control Of Your Chronic Illness



Synopsis

Book by Klein, Robert A., Landau, Marcia Goodman, Ph.D.

Book Information

Paperback

Publisher: Chronimed Pub (April 1992)

Language: English

ISBN-10: 1565610032

ISBN-13: 978-1565610033

Product Dimensions: 1 x 5.5 x 8.5 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,266,034 in Books (See Top 100 in Books) #52 in Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology #85789 in Books > Medical Books

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Book by Klein, Robert A., Landau, Marcia Goodman, Ph.D.

As someone who suffers from years of chronic back pain, migraines and fibromyalgia, I am glad for any suggestions that will help living with it. And, like you, I have little tolerance for bland or easy answers. "Healing the Body Betrayed" offers the down to earth wisdom of real people and ways to help see the light at the end of the tunnel. Dealing with the wide spectrum of physical and emotional pain, this book is also helpful for those who live with us. The workbook sections are challenging and respectful of each person's truth. I find myself returning to this book year after year. Doctors should be recommending it!

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