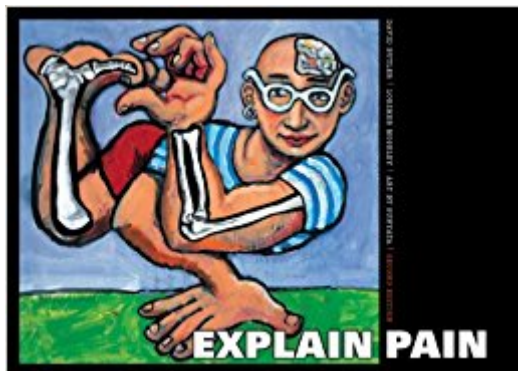


The book was found

Explain Pain



Synopsis

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Imagine an orchestra in your brain. It plays all kinds of harmonious melodies, then pain comes along and the different sections of the orchestra are reduced to a few pain tunes. All pain is real. And for many people it is a debilitating part of everyday life. It is now known that understanding more about why things hurt can actually help people to overcome their pain. Recent advances in fields such as neurophysiology, brain imaging, immunology, psychology and cellular biology have provided an explanatory platform from which to explore pain. In everyday language accompanied by quirky illustrations, Explain Pain discusses how pain responses are produced by the brain: how responses to injury from the autonomic motor and immune systems in your body contribute to pain, and why pain can persist after tissues have had plenty of time to heal. Explain Pain aims to give clinicians and people in pain the power to challenge pain and to consider new models for viewing what happens during pain. Once they have learnt about the processes involved they can follow a scientific route to recovery. About the Authors: Dr Lorimer Moseley is Professor of Clinical Neurosciences and the Inaugural Chair in Physiotherapy at the University of South Australia, Adelaide, where he leads research groups at Body in Mind as well as with Neuroscience Research Australia in Sydney. Dr David Butler is an international freelance educator, author and director of the Neuro Orthopaedic Institute, based in Adelaide, Australia. Both authors continue to publish and present widely.

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Agree with all other 1-star reviews. HORRIBLE FORMATTING. Just wasted \$20. Explain that pain.

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I suffer from CRPS. I now understand what's happening to me and how to change it. I had no idea how complex, yet simple, my condition is and how I can systematically improve my prognosis. I'm currently reading and following the Graded Motor Imagery Handbook and making progress. I got the e-version of Explain Pain on my Kindle. The only problem I had is that I couldn't enlarge the font like I can with all other books. The font was very small and hard to read. I'd recommend getting the physical book.

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