

Managing PAIN

before It Manages You

**A clinically tested
program that can:**

- Reduce unnecessary doctor visits
- Decrease discomfort, depression, and anxiety
- Help you understand the pain process

Learn about:

- What *really* increases and decreases pain
- Relaxation and exercise techniques
- Effective coping and communication skills
- Problem-solving strategies
- Setting realistic goals
- Medications and their effects

Margaret A. Caudill, M.D., Ph.D.

Managing Pain Before It Manages You

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