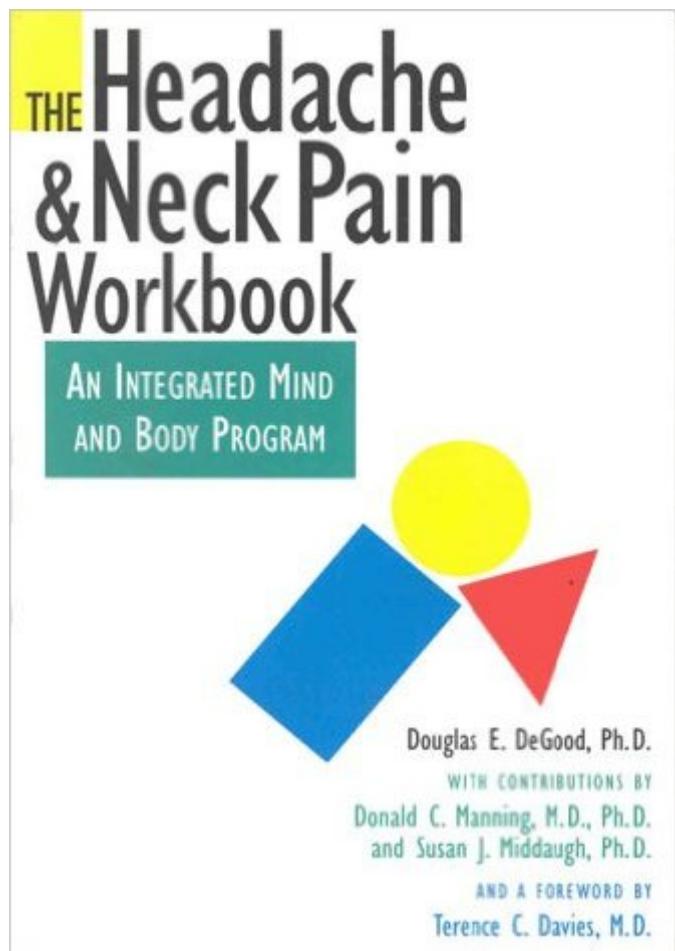


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# The Headache And Neck Pain Workbook: An Integrated Mind And Body Program



## 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

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ISBN-10: 1572240865

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Product Dimensions: 7 x 0.4 x 10 inches

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Average Customer Review: 5.0 out of 5 starsÂ  [See all reviewsÂ \(2 customer reviews\)](#)

Best Sellers Rank: #2,982,608 in Books (See Top 100 in Books) #69 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Headaches #1730 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #2196 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

Headache & Neck Pain WorkbookI 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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