



# **Paintracking: Your Personal Guide to Living Well With Chronic Pain**

*Deborah Barrett Phd*

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# Paintracking: Your Personal Guide to Living Well With Chronic Pain

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Millions of people suffer from debilitating chronic pain from arthritis, fibromyalgia, low back pain, chronic headache syndromes, neuropathies, or other painful conditions. People contending with chronic pain often spend considerable time, energy, and money searching for answers and visit multiple doctors, trying anything to find relief. When the source of pain is unclear or difficult to diagnose, their experiences are additionally frustrating, exhausting, and depressing.

This book offers a hands-on approach to improving life with chronic pain, whatever the underlying cause. As a sociologist, psychotherapist, and someone with firsthand experience with chronic pain, the author understands the challenges that accompany pain and has devised realistic strategies to fare better.

*Paintracking* provides a systematic method that empowers individuals to navigate the otherwise overwhelming array of treatment options and incorporate the effective ones into their lives for continued, incremental progress. Its cornerstone is a self-study tool that enables readers to improve. Readers are instructed on how to track and interpret their experience, whether using a pen and paper or the online tool offered as a companion to the book. By cultivating awareness of how their body responds in different situations and to different therapies, readers will become capable self-advocates, able to make informed choices.

Written in clear, understandable prose and filled with sociological insights, therapeutic lessons, practical tips, and empathy, this book offers realistic hope to individuals who often feel hopeless in the face of confusing, debilitating pain.

*From the Trade Paperback edition.*

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#### **Linda Amato:**

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their spare time with their family, or their friends. Usually they carrying out activity like watching television, going to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could possibly be reading a book may be option to fill your free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to test look for book, may be the guide untitled Paintracking: Your Personal Guide to Living Well With Chronic Pain can be great book to read. May be it could be best activity to you.

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