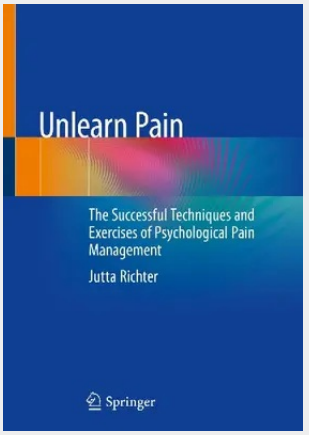
Richter

Unlearn Pain

The Successful Techniques And Exercises Of Psychological Pain Management

This book shows concrete techniques and exercises of psychological pain management, with which it is possible to reduce pain permanently. It is aimed at all pain patients who want to actively manage pain and at all therapists and doctors who want to support their patients in this. The more than 30 successful techniques and exercises, such as mindfulness exercises, relaxation techniques or hypnosis procedures, can be used alone at home without a doctor or therapist. Each exercise is explained step-by-step and simply, is scientifically recognized, has no side effects, and is effective regardless of the cause or location of the pain. The book also provides a wealth of background information on the development of pain and numerous practical tips. The **4th edition** is completely updated.

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37,44 €
34,99 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9783662657010
Medium: Buch
ISBN: 978-3-662-65701-0
Verlag: Springer
Erscheinungstermin: 26.05.2023
Sprache(n): Englisch
Auflage: 1. Auflage 2023
Produktform: Kartoniert
Gewicht: 261 g
Seiten: 137
Format (B x H): 168 x 240 mm

Kundenservice Verlag Dr. Otto Schmidt KG
Neumannstraße 10, 40235 Düsseldorf | kundenservice@otto-schmidt.de | 0221-93738-997 (Inland)