

Is It Possible that there are

Ten Simple Solutions to Chronic Pain?

Pain treatment expert offers big advice in new little book

Can a self-help book on chronic pain really change your life for the better? According to author and pain treatment expert Blake Tearnan, the answer is yes. "This book will not cure or eliminate your pain," Dr. Tearnan says, "but it will help you cope with pain better. And if you follow its strategies, you will reduce your suffering and disability."

In many cases, traditional approaches to chronic pain—drugs, physical therapy, medical procedures—just don't work. Sufferers try one ineffective treatment after the next in a desperate search for relief from pain that never goes away—a discouraging cycle that can be as damaging as pain itself. To address this problem, the most current approaches to pain management stress living well despite pain. They encourage pain sufferers to set aside their struggle with pain and learn the skills they need to keep living. Distilled from the very best of these techniques, this little book offers ten simple, effective solutions for living well with chronic pain.

Dr. Tearnan addresses the business of living well, giving readers tips for getting better sleep, building a strong support system, and overcoming fear, anxiety, and depression. He offers tips on better ways to communicate with doctors about pain problems and how to find out which treatment options are likely to do the most good. With the advice offered in this book, readers can move from a debilitating cycle of pain to a full and rewarding life.

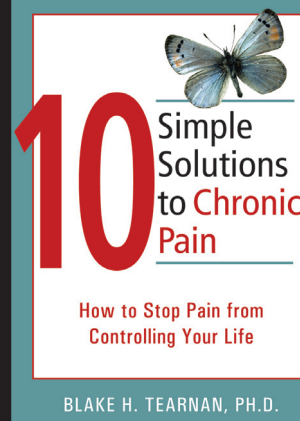
ABOUT THE AUTHOR

Blake H. Tearnan, Ph.D., is director of behavioral medicine for the Functional Restoration Program at Washoe Medical Center Rehabilitation Hospital in Reno, and clinical director for the Southern Nevada Functional Restoration Program in Las Vegas, NV. Dr. Tearnan resides in Reno, NV.

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10 SIMPLE SOLUTIONS TO CHRONIC PAIN: How to Stop Pain from Controlling Your Life

by Blake H. Tearnan, Ph.D. / May 1, 2007; New Harbinger Publications; \$12.95; trade paper; ISBN-10: 1-57224-482-8
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800-748-6273; www.newharbinger.com



Exercise: Thinking More Critically About Acceptance

Take some time to think about what acceptance means to you. What would it be like to live with pain for the rest of your life? If you stopped fighting the pain, would it destroy you? If you weren't constantly struggling to rid yourself of your pain, how could you turn your attention and energies to making your life better despite your pain?

Write your responses in your journal. This exercise should help you identify more nonproductive beliefs about your pain. Write them down and challenge them by weighing the evidence.

Suggested Interview Questions

1. There are many books on the market about pain and pain management. How does *10 Simple Solutions to Chronic Pain* differ from these, and what does it have to offer the chronic pain sufferer?
2. What is the approach that you use to dealing with pain in your book?
3. You make a point early on in discussing the differences between suffering and disability. What are those differences?
4. What is the relationship between pain, threat, and anxiety?
5. What are nonproductive beliefs? Could you give us some examples of them and how they can interfere with a pain sufferer's ability to manage their pain?
6. You mention in your book moving toward and not away from pain. What does this really mean and how can it help?
7. You emphasize that acceptance of chronic pain is important. Isn't it natural to fight against pain?
8. Increasing activity is important for the pain patient. How can this be accomplished when the pain interferes?

Praise for *10 Simple Solutions to Chronic Pain*

"*10 Simple Solutions to Chronic Pain* is a blueprint for having a fulfilling life while living with pain. Tearnan's ten steps help change pain sufferers into people able to cope with their pain. In easy-to-understand language, with clear explanations and vivid examples, this book provides readers with tools to more effectively manage their pain. The suggestions and strategies in this book are well-reasoned, practical, and easily accomplished by those wanting mastery over pain."

—**B. Eliot Cole, MD, MPA**, executive director
of the American Society of Pain Educators

"Victims of chronic pain will find help in this research-based yet easily understood book. Tearnan engages the reader as an active member of the pain-treatment team. This proven program works to effectively reduce pain and suffering."

—**C. David Tollison, Ph.D.**, author and editor
of eleven textbooks on the diagnosis and interdisciplinary treatment
of pain and recipient of numerous national awards
for the research and treatment of pain

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