

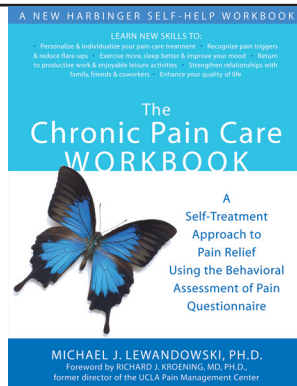
“Too many people suffer from chronic pain. They aren’t living with chronic pain; they are suffering, truly suffering...They’re angry, confused, and numb. But they all want to feel better. And the good news? They can.”

— Michael Lewandowski, Ph.D.

Can knowing more about how you hurt help you successfully manage your pain? Psychologist Michael Lewandowski says it can. Sixteen years ago he created a series of questions for patients suffering from chronic pain that identifies specific factors that aggravate and perpetuate pain. Those questions became the Behavioral Assessment of Pain Questionnaire, which is now used throughout the world in the treatment of chronic pain.

Using this questionnaire, doctors are able to customize pain-management programs to suit the specific needs of their patients. Now Lewandowski brings this powerful set of tools to readers in a unique self-care format.

The Chronic Pain Care Workbook (New Harbinger; \$19.95) offers readers great control over their own pain-management process through monitoring, self-awareness, and empowerment. Evaluations help readers assess their levels of physical and emotional pain, sleep habits, and general ability to function throughout the day. The book offers a range of advice for maintaining a high quality of life while experiencing pain, both by identifying important life goals and by finding ways to increase self-reliance.



About the Author

Photo by: Matt Lewandowski



Michael J. Lewandowski, Ph.D., is a licensed clinical health psychologist and is president of Pain Assessment Resources. He has extensive training and experience in the application of psychological principles to problems in medicine. Since completing his Ph.D. in 1990, Dr. Lewandowski has worked exclusively with individuals suffering from chronic medical conditions; of the two accredited pain programs in northern Nevada, he has helped develop and direct both.

In addition to his clinical, administrative, and legal experience working with chronic pain sufferers, Dr. Lewandowski has conducted, presented, and published original scientific research in the area of chronic pain and has presented at national pain conferences

throughout the world.

Dr. Lewandowski lives in Reno, NV. Visit him online at www.painproblem.com.

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The Chronic Pain Care Workbook: A Self-Treatment Approach To Pain Relief Using The Behavioral Assessment of Pain Questionnaire, by Michael Lewandowski, Ph.D.

ISBN: 1-57224-470-4, \$19.95, 8 ½ x 11, 224 pages

Published in November 2006, by New Harbinger Publications, 800-748-6273,

www.newharbinger.com

The Facts About Chronic Pain

FACT:

Over 50 million people in the United States suffer from chronic pain, yet most medical students don't take a single course focused on treating pain.

FACT:

At least 45 percent of Americans will seek care or treatment for persistent pain at some point in their lives.

FACT:

A recent poll showed three out of four people surveyed either suffered from pain themselves or had a close family member or friend who was suffering.

FACT:

Pain is the most common reason Americans seek medical care and is a leading cause of disability in the United States.

FACT:

Chronic pain takes a greater toll on the United States economy in health insurance claims than any other chronic condition, including heart disease, hyper tension, and diabetes.

FACT:

Pain is the leading cause of lost productivity and costs employers over \$80 billion a year.