



Coping with Chronic Pain, a Team Effort! 3: For You and Your Family & Friends (Coping With Chronic Pain A Team Effort)

Anna Raymann

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Coping with Chronic Pain, a Team Effort!

Do you suffer from invisible chronic pain and does it cause you to have a hard time maintaining healthy and strong relationships with the people around you? Do your family and friends not understand what you go through or what you really need? Do you act tough, trying not to come across as whiny, leading to more pain and you not getting sufficient help and support?

Read and learn how to get more 'Strong Helpers' in your social network!

Are you a family member or a friend of someone suffering from invisible pain? Do you find it difficult to understand the anxiety and fear, and tough knowing how to lend support and adequate help?

Read and learn how you can become a 'Strong Helper'.

Anna Raymann is a writer, a physiotherapist and a chronic pain patient. She knows how chronic pain can affect your social life. She wrote this book, with the help of a psychologist and over a hundred CPPs and the people around them, to help you retain a healthy relationship and family life, in spite of the pain!

Living with chronic pain places a strain on all the important relationships in the lives of the patients, as well as their spouses, children, family & friends. In this book you will find hundreds of 'dos & don'ts'; practical, instantly applicable tips and advice that will benefit everybody suffering from pain, as well as those in their inner and outer social circles.

More Coping with Chronic Pain, *a Team Effort!*:

Book 1. *You and Your Partner*

Book 2. *You and Your Kids*

Read more about Anna and her work at <http://www.supportforchronicpain.com/>

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John McDole:

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Dan Villanueva:

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Penny Stout:

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Robert Quinonez:

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reading in this fresh era is common not a geek activity. So what these textbooks have than the others?

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