



Validate Your Pain!: Exposing the Chronic Pain Cover-Up

Allan F. Chino, Corinne Dille Davis

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Validate Your Pain!: Exposing the Chronic Pain Cover-Up Allan F. Chino, Corinne Dille Davis

As the title strongly states: "Validation" is something many who suffer with chronic pain often don't get -- but need. People are tired of hearing that their pain might be "just in your head." For generations, those of us who deal with unrelenting pain on a daily basis have been glossed over, ignored, or flat misdiagnosed. Now a team of doctors has come along with a book that speaks directly to the individual whose pain dominates their lives. Here, in an easy-to-read and easy-to-understand format, are tried-and-true ways to get the attention you deserve for debilitating pain. *Validate Your Pain!* works with the reader and provides direction on how to take control of your own health care destiny, how to ask the right questions, and how to know when you are being ignored or unheard. Board certified in pain medicine and supported by decades of work with chronic pain patients, Drs. Chino and Davis bring their vast experience and concern to the pages of this eye-opening book. Suffer no more in silence. Understand the role physicians and insurance companies play in your treatment. Get the truth about pain medications and the unsubstantiated fear of addiction so many physicians have. Get the information you need to maneuver through the healthcare minefields-- and get the help you deserve.

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This Validate Your Pain!: Exposing the Chronic Pain Cover-Up book is simply not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is usually information inside this reserve incredible fresh, you will get information which is getting deeper a person read a lot of information you will get. This particular Validate Your Pain!: Exposing the Chronic Pain Cover-Up without we understand teach the one who studying it become critical in imagining and analyzing. Don't possibly be worry Validate Your Pain!: Exposing the Chronic Pain Cover-Up can bring any time you are and not make your case space or bookshelves' come to be full because you can have it with your lovely laptop even mobile phone. This Validate Your Pain!: Exposing the Chronic Pain Cover-Up having very good arrangement in word along with layout, so you will not truly feel uninterested in reading.

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