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Heal: A Psychiatrist's Inspiring Story of What It Takes to Recover from Chronic Pain, Depression, and Addiction and What Stands in the Way

By Sumter M Carmichael MD

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A personal and professional memoir about what it takes to recover from chronic pain, depression and addiction, and what stands in the way. Ever wonder why Americans take 80 of the world's pain medicines yet continue to suffer from so much pain? Ever wonder why doctors have so much difficulty treating chronic pain in spite of stunning advances in technology and medical interventions? In this inspiring narrative, Dr. Sumter Carmichael explains the important role anxiety and depression play in the chronic pain story. Surviving multiple sclerosis for 45 years, Dr. Carmichael discovered first hand what it takes to manage chronic pain and depression that often accompanies it. She began employing what she had learned from her own experience to treat medical patients. Working with physicians from many specialties to provide a pain clinic for the poor and uninsured, she saw what was possible in the treatment of chronic pain and what stands in the way of getting that treatment. This very pragmatic approach weaves together multiple therapies in order to treat the complex physical, psychological and emotional...



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