



Pain: Forgive, Love, Heal

By Rajiv

Basic Health Pubns. Paperback. Condition: New. 128 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. It is estimated that 80 percent of people who seek health care do so to alleviate pain. Research shows that between 30 and 40 percent of adult Americans experience some degree of chronic pain. And that's only physical pain, chances are everyone is living with some kind of pain. And if that isn't surprising, here's something that's even more amazing: up to 75 percent of reported pain isn't linked to an identifiable physical cause. That means pain is not just a physical issue, so ultimately it can't be treated by physical means alone. Most people cope with pain by searching for a quick, physical fix. In fact, a New York Times article reported that more people are now addicted to painkillers than to street drugs and that hospitalizations related to prescription drugs have increased fivefold and overdose deaths fourfold in the last decade. That's not surprising given the ubiquitous ads on TV and in print media for all kinds of painkillers from the affordable, over-the-counter variety to ones that require expensive prescriptions. But the secret that nobody tells you is: Painkillers only mask pain. They don't and...



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