

[8csd7.ebook] About Pain: For Those Who Suffer and Their Caregivers Pdf Free

Rachel B. Aarons

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Rachel B. Aarons : About Pain: For Those Who Suffer and Their Caregivers before purchasing it in order to gauge whether or not it would be worth my time, and all praised About Pain: For Those Who Suffer and Their Caregivers:

0 of 0 people found the following review helpful. A Book That Describes the Meaning of Pain By Lynn Webster About Pain: For Those Who Suffer and Their Caregivers, by Rachel B Aarons, is a sensitive and descriptive book of what it is like to experience pain. The stories she tells compels the reader to listen out of disbelief and astonishment that life can be so cruel. Yet she also shines a ray of light on the different ways people in pain can live a better life despite the twists of fate that produced their life altering events. This book will educate people about how devastating pain can be in a person's life, but it will also provide people in pain the understanding that they are not alone and that there is hope for a better life. By the end of the book, readers should have a deep appreciation for what it means to live through every day in severe, debilitating pain. The Painful Truth: What Chronic Pain Is Really Like and Why It Matters to Each of Us 0 of 0 people found the following review helpful. Got pain? Read this! By bookcat This book speaks to the experience of pain, informs those who care for people with pain, and suggests ways of living with pain and still enjoying life. Dr. Aarons has both personal and professional awareness of the impacts chronic pain has on a life. The stories told by each of the chronic pain patients deepen our understanding of living with pain.. Dr. Aarons' discussion of rising above pain shines a bright light on enjoying life by managing pain. As a person who lives with chronic pain, this book broadened my knowledge of the domain of pain. The book is very readable and the examples clear. Dr. Aarons discusses "Rising above" one's pain and I think of myself as "living" with pain. No matter; we each come to the same place, enjoying one's life. I received an electronic copy of Dr. Aarons' book so that I could review it. The review above is my own. 0 of 0 people found the following review helpful. Highly recommended whether you or a loved one has chronic pain By Rebekka K. Steg Pain, especially chronic pain, is a difficult topic for us to talk about. If you've never experienced chronic pain it is very hard to understand what it's like to deal with pain on a continuous basis. Even if you have experienced chronic pain, it can be hard to fully comprehend how devastating another type of chronic pain can be. About Pain: For Those Who Suffer and Their Caregivers by Rachel B. Aarons gives an excellent insight into the world of chronic pain, both from the perspective of the person dealing with chronic pain in the first part of the book, and from the caregivers in the second part of the book. In the third part of the book Dr. Aarons gives advice on how to best live with, manage and relieve chronic pain. This perfectly describes how I myself feel a lot of the time: "Along with the limits and walls, go the losses. It is not so easy letting go of those hopes and dreams you have

cherished. At the same time as the world becomes weighted down with negativity, it shrinks in options. Many of the enticing possibilities disappear. Either physically or emotionally, they simply are not possibilities anymore. At bottom, pain constitutes an assault on your freedom of choice in the world. Others get to do so many exciting things while you are walled in by can'ts. Even if your mind is willing, your body may not be. Imagine the frustration of being trapped in a body that is limping, creaky and hurting. You may feel old long before your time. As the world shrinks and sours, it will inevitably affect the person you are."Whether you are coming to terms with your own chronic pain, or trying to understand a loved one's condition, I highly recommend About Pain. Content Notice: Each of the personal stories have been written by the patients themselves, and have not been edited by Dr. Aarons. The story by Otis covering his experience with prostate cancer and his poor treatment in a hospital, included a completely irrelevant and offensive comment, questioning whether a "Obama death panel" was in his future. I personally find this comment incredibly offensive, as well as completely nonsensical. I asked Dr. Aarons about it, and she said that she'd chosen not to edit any of the personal stories, and didn't know what the patient had meant by it. While I personally wouldn't allow people to share such views on my platform (they are free to do so in their own space), I respect Dr. Aarons choice to do so, while also wanting to give any prospective readers a heads up, that you might want to skip that particular section.*I was contacted by Dr. Aarons and received a free copy. The review is my own honest opinion.*

Pain is a subject we avoid. We find it uncomfortable and difficult to talk about. This silence is to the detriment of both those who are in pain and those who care for them. In this book, Dr. Rachel Aarons brings the subject of pain out of the shadows. She explores it from all angles. In part one, you will find an in-depth depiction of how being in severe pain alters the person you are and the world you live in. In this detailed phenomenology of the pain experience, Dr. Aarons gives voice to what has been muffled in silence. She is joined by a medley of voices of pain patients with a range of challenging medical issues. They each share their personal experiences of pain and the hard-won messages they are moved to convey about them. Part two may be seen as a wake-up call from the perspective of the patient directed to those caregivers - including doctors and nurses - who provide medical care to people in pain. It is offered for the purpose of enhancing their understanding and effectiveness in areas of caregiving that relate not to textbook knowledge but to the personal experience of the patient. In the crescendo of part three, Dr. Aarons tackles the question of how to live with, reduce, relieve, and even rise above pain. She reviews and evaluates a variety of specific pain management approaches for their usefulness and transformative power. About Pain promises to deepen and expand both your empathy and your understanding of pain. From a professional and at the same time personal perspective, Dr. Aarons sheds a starkly honest light on a taboo subject that inevitably affects every one of us.

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