



Imagery for Pain Relief: A Scientifically Grounded Guidebook for Clinicians

David Pincus, Anees A. Sheikh

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Imagery for Pain Relief, the first book of its kind, familiarizes the reader with basic scientific information about pain and mental imagery and shows why imagery is a valuable tool for pain management. Scientifically grounded and easy-to-read, it provides readers with a wealth of practical information, including imagery techniques that have been successfully used in the past. This is a useful text not only for physicians and clinical psychologists, but also for counselors, social workers, nurses, and graduate students in all health related fields, including sports medicine.

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