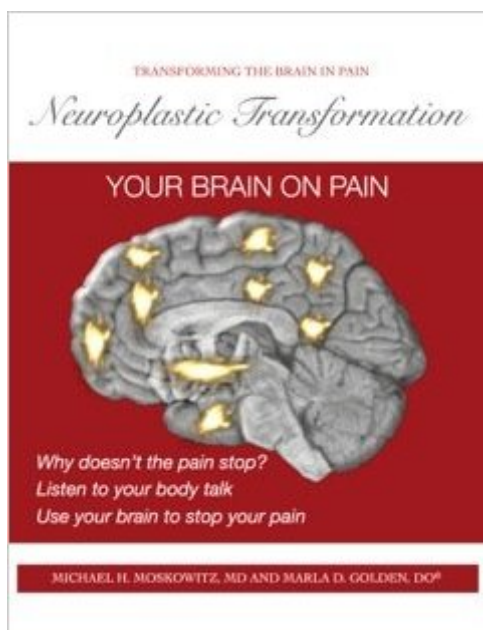


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# Neuroplastic Transformation Workbook



## Synopsis

The Neuroplastic Transformation workbook presents a revolutionary treatment for the millions of people suffering with the disease of persistent pain. The authors have developed an innovative approach to reverse runaway pain by harnessing the brain's amazing neuroplastic ability to heal the body. The program presented in this workbook applies the discoveries of cutting edge research in the fields of Pain Medicine, Neurology, Immunology, Psychiatry and Neuroscience to help people transition from a life of chronic pain to a life of health and wellness. The book can be used independently or as a tool for an interactive partnership between practitioner and patient.

## Book Information

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Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (40 customer reviews)

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## Customer Reviews

I was disappointed with the content and format of this book. I wouldn't really call it a workbook. It is more a collection of statements regarding neuroscience, and one sentence suggestions. But there is really no training procedure. For \$48 I had expected an excellent book. I have recommended The Chronic Pain Care Workbook (New Harbinger \$20 ) for my patients for many years and they have found it to be very helpful. Also, the The Relaxation and Stress Reduction Workbook by New Harbinger has helped many patients as well.

These authors are taking effective chronic pain management to a whole new level. This book describes an exciting and effective approach to managing chronic pain beyond just the use of medication. You can use your own brain's ability to change and correct itself back to its natural state

by employing a myriad of techniques described in book that challenge the unrelenting pain signals. Over time, and with practice, you gain control of your experience with pain so that you can work on returning to a more normal life. I have lived with chronic pain for years - at times, in levels of severity that made it hard to want to keep living. I am a functioning person today, with a job, a family, yet still struggle with chronic degenerative pain issues. But I have hope! I use every single non-drug resource described in this book to challenge my pain rather than just giving in ( and giving up). My pain is significantly less, and I am empowered. These methods work!

This book was recommended to me by a health-care practitioner. I'm a chronic pain patient, very active in my self-care and pain management. So I was excited at the prospect of a workbook that might help me apply some of the newest research on pain and the brain. It's particularly helpful when I have some structure around this. I am disabled and on a fixed income, so \$48 was a lot for me to consider paying. But I am a believer in neuroplasticity's ability to help heal my brain, so I ordered it right away. When I received it, though, I was disappointed. Most of the graphics and lessons were familiar to me--in fact many of them are available via the website. Most of the new material seemed to be lists of suggested actions from other pain patients. I didn't find many exercises for me to include in my daily practice. Also, the book seems to be just printouts from the website bound together, without any of the additional editorial work that I would expect from a product being marketed as a book. While a lot of this material is helpful, and I suspect for many folks it is new and exciting, I was disappointed to basically receive a hardcopy of the website. The authors have done a lot of important work in helping us understand how we experience chronic pain, and I don't begrudge their profiting from their research. But I am sorry I paid \$48 for this book.

**FINALLY A DOCTOR THAT OFFERS PATIENTS IN PAIN MORE THAN A PRESCRIPTION FOR MORE MEDS.** Doctor Moskowitz takes a very complicated subject "pain" and breaks it down into easy to understand bite size pieces. His work has helped me to understand how the brain works with regards to both acute and chronic pain. He talks about the changes your brain makes constantly, and the three rules of neuroplasticity (fired is wired, don't use it you lose it & make them you break them, break them you make them). The "training your brain," as he calls it, is very helpful and has help me get to a place where I finally feel like I can regain control over my pain compared to it dominating my life like it has for so many years. He explains how thoughts, images, sensations, memories, soothing, emotions, movements, and beliefs can be used to take back your life. I also found that the real life examples that he gives throughout the book of other patients and what they

have done to take back control of their pain are very helpful. I would recommend this to anyone who has ever been in pain, knows someone that's in pain, or is currently in pain.

I am a retired physician. Fortunately I do not have chronic pain. However, I do have a dear friend who developed chronic pain after intensive chemotherapy. I have been trying to support her during her journey toward relief of her chronic pain. For that reason I reluctantly bought this rather expensive book. From my point of view, the book is a collection of three things: First, the book includes a number of one page "vignettes" about the neurophysiologic basis of chronic pain and the neuroplastic approach to chronic pain. These are a bit technical for the average layman, but I found them fascinating and helpful. However, I would have appreciated more references to original sources. Second, the book includes several pages of Neuroplastic Tips. I would characterize these as tasks or strategies that patients with chronic pain may find useful. The emphasis is on options to try. I doubt that any one patient will try all the strategies, but there appears to be something for almost everyone to try. Third, the book includes several page of quotations from "people taking control of their pain." Here individuals describe, in very personal terms, how they "talk" or "think" their way to pain relief. For the patient who is beginning to try a neuroplastic approach to pain relief, these short quotations provide a wonderful view of the range of approaches that other patients have discovered or developed to achieve pain relief. The book also provides useful guidance about using the neuroplastix.com website, which has some very helpful animated graphics. I am glad that I bought this book and read it.

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