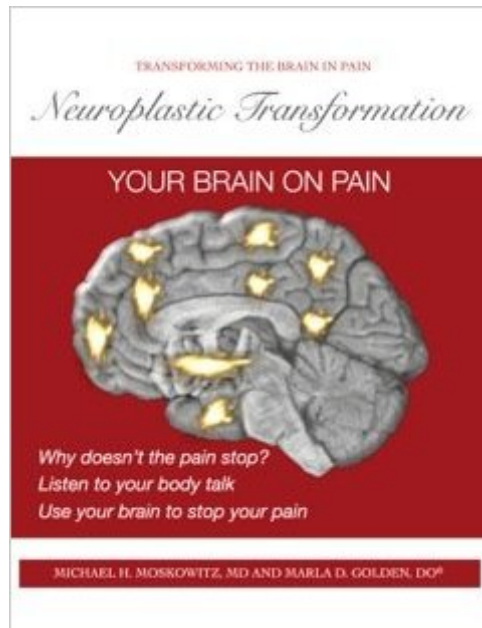




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Neuroplastic Transformation Workbook



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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Customer Reviews

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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.

Very informative. The physical size of the book is deceptive because printing is only on one side of each page. Lacked extensive detail on how to practice the exercises independently in spite of being promoted as a work book. Forty-eight dollars is a lot of money for not much of a book.

For those suffering quietly from chronic pain here is a workbook to put you back in the drivers seat and actively engage with the process of reclaiming authority. It's great to know that I can retrain the brain using the same principles that created this chronic condition. It's not easy but nor is it hard. Just requires attention and persistence but it's worth it just for the change of attitude it encourages. Also has a lot of valuable information.

This an excellent, highly visual and information packed book. I LOVE it. However, it lacks the references necessary to know exactly where the research is from and who this is most effective for. All in all, I look forward to working more with neurogenix folks, they have already made a big difference in how patients can understand pain as a disease, not a symptom.

Very interesting book. Not cheap! Lots of sound advice but also a lot of activities that one is expected to do in order to control/switch off the pain switch. Useful book for practitioners and patients.

Perfect shipping, but we had to pay 2 x \$19 for shipping, it was already paid, and the day we received it, we had to pay again!

Very clear and informative. Explains a complex concept so laypeople can understand it!

Excellent manual for use to help me work towards a pain free body.

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