



Targeting Pain: A Practitioners Guide to Relief

Daniel F. Cleary

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Targeting Pain – A Practitioners Guide to Relief - offers simple approaches to the complex challenges of assisting individuals living with chronic and/or painful conditions. In this program the reader explores insights, and techniques to apply immediately in their practice. Whether you are a medical practitioner, therapist or caring friend, you will discover ways to be more effective in guiding your clients, patients or friends: The True Heroes, toward relief. For the individual living the Chronic Identity, you may be surprised at how easily you can discover relief in these pages and recapture a greater joy in life. Written by an individual who lives the program, you will find insights that only one who does so, can offer.

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