



# Natural Pain Relief: A Practical Handbook for Self-Help

*Jan Sadler*

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**Natural Pain Relief: A Practical Handbook for Self-Help** Jan Sadler

This guide introduces self-help techniques to reduce, control and manage on-going pain in a natural and caring way, maximizing the body's own healing potential. A range of techniques are provided to allow the reader to break free from the pain cycle and to take control of their own pain management.

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