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Back In Control: A Surgeonâ€™s Roadmap Out Of Chronic Pain

**David
Hanscom
MD**

**BAC
IN
CONTROL**

*A surgeon's roadmap
out of chronic pain*



Synopsis

Seattle spinal surgeon Dr. David Hanscom focuses on an aspect of chronic pain that the medical world has largely overlooked: you must calm your nervous system in order to get better. More than any other book about pain, *Back in Control* reveals how to quiet a turbocharged central nervous system and make a full recovery, with or without surgery. Dr. Hanscom shares the story of his own journey out of chronic pain and offers a treatment paradigm that has evolved from his personal experience, as well what he has learned from his patients, hundreds of whom have moved beyond managing pain to becoming pain free. This book will enable those suffering from chronic pain to regain control of their care and life. This revised 2nd edition reflects the last few years of neuroscience research. It is becoming increasingly clear that the brain processes mental and physical pain in a similar manner. As anxiety drops, pain will diminish. Dr. Hanscom has observed that these principles apply to any chronic pain condition.

Book Information

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Customer Reviews

I was a neurosurgeon and did a lot of spine surgery for 20 years and then managed chronic pain and managed opiate addiction with Suboxone; I found Suboxone to be a safe and effective pain relieving medication. I did this for about 12 years. I say these things to qualify myself and add strength to my opinion about Back In Control by Dr. Hanscom. I have read hundreds of chronic pain books and thousands of scientific articles. I also have have disabling chronic pain fro severe peripheral neuropathy of unknown cause. I purchased this amazing book and read it in 2 days. I can say without reservation that this is the best chronic pain book that I have ever read and recommend that every person with chronic pain get this book and read it repeatedly. Dr. Hanscom advises all of us to become our own healers. Some of the chapter that explain what chronic pain is will be challenging to read but the therapeutic chapters are well organized and make a lot of sense. I advocated all of my patients to learn pain reduction techniques but did not have the insight to institute my treatment plans in such an easy to do format. I started the expressive writing about a week ago and can report good results! I'm very excited about this book and plan to incorporate all of it in my life. My hope is to cure myself of my chronic pain! Thank you Dr. Hanscom for your valuable contribution to all the legions of people with chronic pain.

This Dr knows his stuff. Get his book it's amazing and works. Sales of his book are going to go though the roof. I have bought 5 of them and given them to all my family, also I have the staff at the place where I am getting physical therapy recommending too their patients. Thank you Dr Hascom. You have given me a new lease on life. It's like the book is written about my life with out surgery.

Very good book to help heal your pain, especially back pain. Bought one for me and one for my Chiropractor. It could help him with other patients. Much of your pain is in your head, plus your back. Dr Hanscom shows you how to remove your pain through easy methods not including heavyexercise. If you have a bad back, buy this book.

This book is primarily for chronic pain patients. Although it is good that someone, especially a surgeon, is addressing this issue (especially for post-op patients) with therapies other than drugs, there is a danger that patients, who really need surgery, might think they can do without it. The dangers of not getting surgery when needed is serious or permanent nerve damage being done to the myelon of the nerve or worse the nerve roots in the neuroforamen. I would also recommend Motion Preservation Surgery of the Spine for surgical options or an evaluation by one of its co-author and the world's leading practitioner of these techniques, Prof. Dr. Rudolf Bertagnoli.

If you have chronic pain and want to understand the physiology behind it's effects on your body, thoughts and actions...this book breaks it down from complexity to simplicity. The system works! It may not eliminate all the pain but it will break the cycle of control it has on your response. Only then can you experience the true level of pain and turn down the volume or turn it off completely. This book is the product of honest experience, suffering and work in the trenches. Not some theoretical concept. There is evidence and research to back it up every step of the way. Anyone who has suffered from chronic pain will resonate with the author his integrity and his message.

This book explains how strong the mind works and you don't always need surgery. It takes an open mind to appreciate the message, which not everyone has. It's worth the read.

I have had chronic back shoulder and knee pain for 15 years.....Dr hanscom's book helped me.....after reading the second edition of his book back in control I am 90 percent pain free and I know will be totally pain freeI highly recommend this book if you use the tools he gives you it can change your life.....thanks Dr hanscom

I like structure. The book is outlined in steps and Stages. Easy to follow and write notes. Before I heard about David Hanscom and Back in Control, I started reading Childhood Disrupted. My ACE score was 8, I got paralyzed reading that book. But when Dr Hanson mentioned that ACE information, it made me feel like I can get through and finish the book. I am going to be 60 this year but have felt like a emotionally stunted teenage, and very hopeless. I have a 9 week old granddaughter that gives me hope, and a new inspiration to grow up!

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