



Simple Changes to End Chronic Pain

Nancy Lee Shaw

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Eighty-five percent of all chronic pain is musculoskeletal in nature. It is not lethal, and no pill or surgical procedure will cure it. It does, however, wreck havoc with living a pain-free and enjoyable lifestyle. Nancy L. Shaw, mentored in the field of chronic muscle pain by Janet G. Travell, White House physician to John F. Kennedy, has grasped the essence of "Simple Changes to End Chronic Pain." This book offers a practical evaluation of what is causing the pain and provides suggestions for making simple changes that can return you to pain-free living.

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