



Anshan

# Pain Management

Enhancing Your Life to the Fullest

By (author) Renee Goossens

232pp., £14.99 / \$29.99

ISBN 978 1 848290 099 (Paperback)

**Publication: 1st December 2008**

## KEY SELLING POINTS

\* How to recognise the right doctor or specialist for your family \* Words and children -careful use of language \* The medical management of pain \* Methods of distraction from pain for adults and children

## THE BOOK

'Mother Killed, Baby Lives in Freak Accident, Oxford Times 20 February 1962. The newspaper was wrong. I was that young woman', writes Renee Goossens, an extraordinary woman who has suffered both physical and emotional pain throughout her life. This book will change how you understand and cope with pain. It took Renee five and half years of research and forty five years of living it. Renee shares not only her own coping strategies, but those of over one hundred families she has interviewed in England, France and Australia. It also includes the advice of medical practitioners and complementary therapists. "There is no family anywhere in the world who has not experienced pain, be it physical, emotional or in the form of grieving for a loved one", says Renee. In 1962 at the age of 21, Renee was involved in a serious motor vehicle accident that kept her in an English hospital for nearly two years depriving her temporarily of her husband and baby. When Renee was finally able to leave hospital, her husband left her for his pregnant girlfriend. Wheelchair-bound with a lively toddler to raise, Renee beat the odds and walked again. She has since then endured over fifteen spinal operations and ongoing chronic pain. Renee has required a wheelchair since 1995. Renee Goossens recounts her battles with pain and her inspirational resilience in surviving pain. Drawing on her own experiences and those of other pain sufferers, she describes how to get the best out of practitioners, seek a second opinion without damaging relationships, and assess complementary therapies. Most importantly, she demonstrates how to maximise the quality of life. Written in plain language, Pain Management provides up-to-date information, reference material and case histories on the sensitive issues of neurological diseases, the work of carers, respite care, children's hospices, caring for those with life-limiting illnesses, death and grief counselling. Pain Management is a practical guide for families suffering from physical and emotional pain written by a patient for patients.

## CONTENTS

Prologue: Renee's Story part I 1. Pain Explained 2. Dealing with Health Professionals 3. The Medical Approach 4. Medical Management of Pain 5. Caring for your Mind 6. Complementary and Alternative Therapies 7. Lifting your Spirits 8. Coping with Strategies 9. Children with Pain 10. Caring for those with Chronic Pain 11. When Pain Becomes a Battleground 12. The Politics of Pain Epilogue: How We Can Help Useful Addresses References and Reading

**Distribution by:** CBS, Unit D, Paddock Wood Distribution Centre, Paddock Wood, Tonbridge, Kent, TN12 6UU  
Tel: +44 (0) 1892 837171 Fax: +44 (0) 1892 837272 Teleordering mnemonic: combook

Anshan Publishing, The Control Centre, 11a Little Mount Sion, Tunbridge Wells, Kent, TN1 1YS, UK  
Tel: +44 (0) 1892 557767 Fax : +44 (0) 1892 530358 Email: [info@anshan.co.uk](mailto:info@anshan.co.uk)

Created on the 17th August 2011 using Booksonix