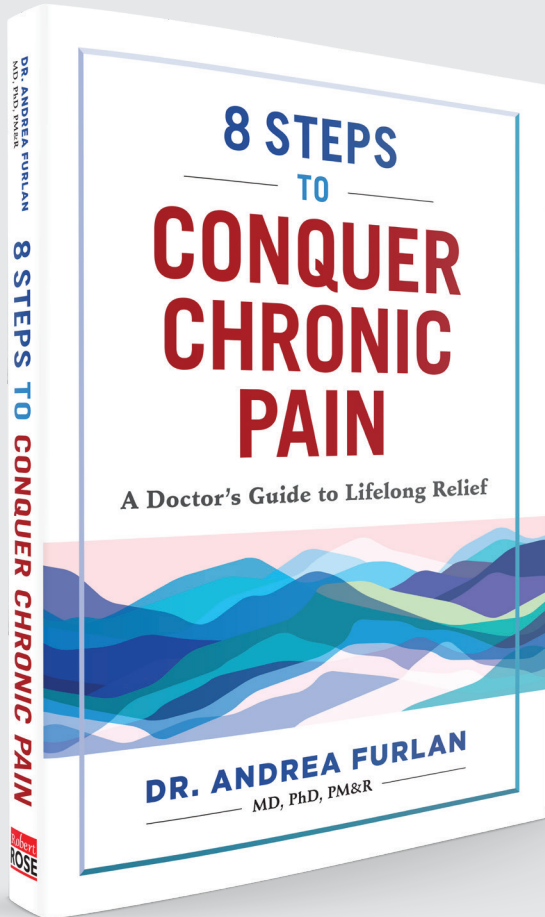


A Ground-Breaking, Holistic Approach to Conquering Chronic Pain

KEY TAKEAWAYS:

- Never before has anyone challenged the burdens of chronic pain with such understanding and hope.
- Dr. Andrea Furlan is an award-winning pain specialist whose YouTube channel has received more than 40 million views.
- Dr. Furlan has created a practical, solution-based guide for overcoming chronic pain that combines insights from the latest scientific research with advice on attainable lifestyle and mindset changes that she has seen succeed time and time again in her own medical practice.
- In North America, we are facing a crisis of chronic pain, a disease that is often treated with quick-fix methods in medicine. For many sufferers, that means endless tests and scans and an over-dependence on opiates.
- Dr. Furlan believes that every one of us can learn to retrain our pain system. Besides advice on rewiring your brain, controlling your emotions, recharging your body and finding the right medications and other tools, she also provides tips on how to talk to doctors, family and friends about your pain.
- Educating yourself, understanding the different types of pain, how they're diagnosed and, most important, believing in the changes that you can make in your own life, will set you on a path to conquering your pain.
- This book is presented in an accessible and straightforward style designed for chronic pain sufferers and caregivers.



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DR. ANDREA FURLAN, MD, PhD, is an Associate Professor in the Department of Medicine at the University of Toronto and a Staff Physician and Senior Scientist at the Toronto Rehabilitation Institute.

Her YouTube page has more than 487,000 subscribers and more than 42 million views. She received a CIHR New Investigator Award, and her research focus is on treatments of chronic pain including medications, complementary and alternative therapies, and rehabilitation.

For any publicity needs, please contact:

MEGAN BRUSH

Associate Marketing & Publicity Manager

Robert Rose Inc.

120 Eglinton Avenue East, Suite 800,
Toronto, ON M4P 1E2

mbrush@robertrose.ca

