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*A surgeon's roadmap
out of chronic pain*

by Dr. David Hanscom : **Back in Control: A Surgeon's Roadmap Out of Chronic Pain, 2nd Edition**

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PDF-55daf | 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... *Back in Control: A Surgeon's Roadmap Out of Chronic Pain, 2nd Edition*

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