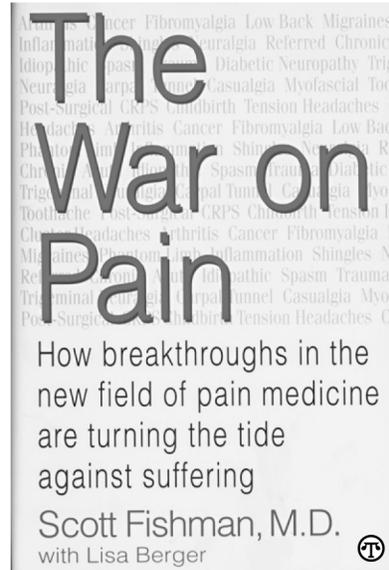


Progress Against Pain

(NAPS)—Although studies show one fifth of the population is in pain at any given time, one expert says every suffering person can be helped in some way.



Wherever there is chronic pain, there can be relief, believes a renowned pain management specialist.

In his new book, *The War On Pain* (HarperCollins, \$14.00), Dr. Scott Fishman, Chief of the Division of Pain Medicine at the University of California, uncovers what he considers the root of all types of pain. He then uses an integrative mind-body approach combining state-of-the-art medical treatments and a wide range of cognitive and alternative therapies to relieve suffering.

Through the personal journeys of real patients, readers can learn about the anatomy of pain and explore its pathways through the body and mind. Readers can also explore the full range of pain-fighting techniques that get results, from surgical nerve blocks to acupuncture, from common analgesics to opioids, from psychiatric drugs to cognitive behavioral therapies.

The War On Pain can be found at local book stores.