

Download Managing Pain Before It Manages You

Join the hundreds of thousands of readers who have found help and hope for getting their lives back from chronic pain in this empowering workbook. Keith Mann is a British animal rights campaigner and writer, alleged by police in 2005 to be at the top of the Animal Liberation Front (ALF) movement. He is the author of *I am Keith Mann I Cured Cancer at home* (2018) and *From Dusk 'til Dawn* (2007), and acted as a spokesman for the ALF. Emotional pain can become an addiction to some people. Overwhelmed with feelings like sadness, depression, guilt, shame or fear, these emotions become so common and constant that you may feel like it's a part of you and you can't imagine life without it. Chronic Pain. More than 100 million American adults suffer from chronic pain, according to the Institute of Medicine. Chronic pain — pain that doesn't go away — can take over your life.