



# A Day without Pain

*Mel Pohl*

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## **A Day without Pain** Mel Pohl

With the increasing abuse of prescription drugs affecting every facet of society, this book addresses treating chronic pain without opioids and/or other prescription painkillers. The focus is on a holistic approach to living with chronic pain. Written in an easy-to-read, user-friendly format with an accompanying glossary of medical terms.

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