



## Total Recovery: Solving the Mystery of Chronic Pain and Depression

By Gary Kaplan, Donna Beech

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Total Recovery: Solving the Mystery of Chronic Pain and Depression, Gary Kaplan, Donna Beech, Dr. Gary Kaplan's Total Recovery is a radical rethink of how we get sick, why we stay sick and how we can recover. Millions of us suffer from chronic pain. It can return at the slightest provocation and its cause is often a mystery to doctors. In Total Recovery, Dr. Gary Kaplan argues that we've been thinking about disease all wrong. Through cutting-edge research and dramatic patient stories, the book reveals how chronic physical and emotional pain are linked. Dr. Kaplan's groundbreaking discovery that disease is an accumulation of traumas over a lifetime - every injury, infection and emotional blow - suggests that current treatments for chronic pain and depression are ineffective. By focusing on long-term causes as well as symptoms, Dr. Kaplan has found hope for those locked into a lifetime of pain and suffering. His unified theory has created a new pathway to total recovery.



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