

Chronic Pain Affects 50% of Americans

Nationwide, 150 million people (or 50% of the population) are either suffering from or caregivers for patients with chronic pain according to the Alliance of State Pain Initiatives. With Americans living longer, many people will be living longer with chronic pain.

Beyond Chronic Pain is a easy-to-read resource to use in conjunction with traditional medical treatment or as a place to turn when all else seems lost. It was written based on St. Louis-area author Rebecca Rengo-Kocher's 25 years experience working with patients suffering from chronic pain along with their family members who were affected as caregivers. Rebecca is also a pain survivor herself and has experimented personally with all of the techniques she recommends in the book.

"This book follows the proven techniques that have worked for my patients," says Rebecca. "It is written to be independent of a patient's diagnosis because it can take years for some people to receive one, if ever. And many people have multiple diagnoses."

In Rebecca's experience, most people benefit from four characteristics to move beyond their pain—hope, faith, perseverance and love.

1. HOPE. The first step is to grieve the loss of the ability to do things that you can now no longer do. "Grieving is in the Hope section because patients must grieve in order to become optimistic so they can move forward." says Rebecca.

2. FAITH. Another insight to move forward is to surrender to the pain. "That may seem counter intuitive but surrendering to the pain is letting go of the guilt, anger and negativity," explains Rebecca. "It is opening to possibilities."

3. PERSEVERANCE. Patients going through perseverance are taking the small forward steps to keep going. By trying some of the tips in this book, patients can learn to enjoy life now while still hoping for improvement.

4. LOVE. An important realization is to learn to love yourself and honor your body. "The body is not a prison; it is a temple to be honored and respected," says Rebecca. "You will have more and more good days once you learn this flow."

The book is organized into these four qualities and includes stories, caregiver tips and simple exercises. "Resonating with just one or two exercises or tips is all it takes for a patient to improve and start moving beyond chronic pain."

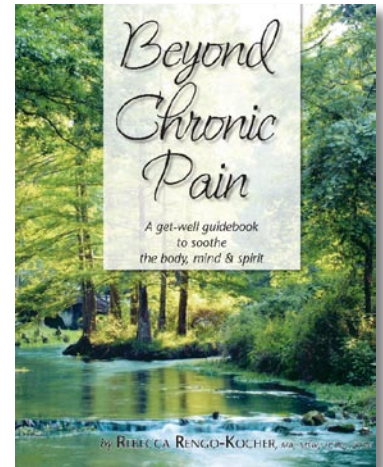
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Rebecca Rengo-Kocher is the author of *Beyond Chronic Pain: A get-well guidebook to soothe the body, mind and spirit*. Rebecca is the incoming president of the Missouri Pain Initiative and a member of the American Pain Society. She has master's degrees in social work and public administration and is on adjunct faculty at St. Louis University, Washington University and the University of Missouri — St. Louis Schools of Social Work. Rebecca was also an adjunct assistant professor in the psychiatry department at St. Louis University and on full-time faculty in the School of Medicine at Washington University.

Rebecca has received media training from The Lance Armstrong Foundation as part of their effort to educate the public and medical professionals on chronic pain and pain management issues. Rebecca also offers seminars, teleconferences and coaching using the concepts from her book, *Beyond Chronic Pain*.



Beyond Chronic Pain

*A get-well guidebook
to soothe the body,
mind & spirit*

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