This empowering book provides a comprehensive resource to help readers of all ages understand pain, seek the right diagnosis and treatment, and allow them to take control of their pain. Excerpt.

Over the past 100 years, there have been incredible medical breakthroughs that have prevented or cured illness in billions of people and helped many more improve their health while living with chronic conditions. A few of the most important 20th-century discoveries include antibiotics, organ transplants, and vaccines. The 21st century has already heralded important new treatments including such things as...