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[Review of] Life Without Pain

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Linchitz, Richard M., M.D. Life Without Pain. Addison-Wesley. Feb. 1988. c.192p. illus. index. LC 87-19360. $14.95. HEALTH Linchitz explains the methods used by his Pain Alleviation Center (Roslyn, N.Y.) to alleviate chronic pain. He emphasizes relaxation, autogenics, self-hypnosis, and guided imagery, and discusses diet, attitudes, eliminating pain medication, and new therapies. Bruce Smoller and Brian Schulman’s Bethesda Pain Control Program (LJ 7/82) has better illustrations and more detail about medication and pain physiology; Richard Sternbach’s Mastering Pain (LJ 5/15/87) provides a program with less emphasis on diet and psychological techniques. Less detailed but more accessible than the other writers, Linchitz allows readers to set up their own programs or discover how a pain clinic can help.—Robert Aken, Univ. of Kentucky Libs., Lexington