



Life After Whiplash

Robert Ferrari

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Life After Whiplash is about getting back to the various enjoyable, necessary, and important things in your life after having suffered an acute whiplash injury. Whiplash injury is common. At least 1 million people suffer this injury every year in the United States. While the injury is usually not a problem long term, it can become a very difficult experience for some sufferers, causing multiple symptoms, affecting one's ability to work and survive financially, and also affecting relationships with friends and family. Partners of the whiplash-injured are also often affected by the injury, hence Chapter 4: Sex after Whiplash.

This book deals with a self-help approach to acute whiplash injury that will allow you to get back your usual life and will help you to reduce the risk of having your life disrupted indefinitely by your whiplash injury. This is achievable without special effort by most whiplash-injured people who heal over days to weeks, but others have to make a special effort to get back to their usual self. While physicians and therapists can help in various ways, ultimately you are the one to make it happen. In order to get back to your usual health, you can start by educating yourself.

Learn about the benefits of activity, exercises, how to know when your doctor or therapist are going to be part of the solution or part of the problem, the benefits and the risks of medications, collars, and passive approach to therapy.

And there is Sex after Whiplash, too. Worse than having a whiplash injury is having no sex because of a whiplash injury. Pain, fatigue, anxiety, stress, and impotency can all get in the way, if you let them. You can help yourself here, too, and your partner can help. So can your doctor. So can this book.

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Shawn Proctor:

A lot of people always spent their free time to vacation as well as go to the outside with them family members or their friend. Do you know? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a new book. It is really fun for you personally. If you enjoy the book that you simply read you can spent all day every day to reading a e-book. The book Life After Whiplash it is quite good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space bringing this book you can buy typically the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not very costly but this book offers high quality.

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