



**RETHINKING PAIN**  
 Just because you're in pain doesn't mean  
 you have to suffer!  
 Dr. Gaétan Brouillard

**The new book by the author of the bestseller**  
*Rethinking Health!*

248 pages  
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The main reason for visits to doctors' offices, pain can interfere with our lives in different ways and upset our daily routine. When it becomes chronic, it can literally poison our existence and undermine our morale. This book aims to propose potential solutions for treating, alleviating and managing pain in all its forms. Drawing on his vast experience with hundreds of patients, Dr. Brouillard provides enlightening explanations of the physical and psychological causes of pain. In particular, he presents a range of possible ways to eliminate pain, from the most recent medical breakthroughs to complementary approaches, including natural solutions that can be tried at home. By means of often simple techniques, and armed with better knowledge of ourselves, we will find in this book all the tools needed to take back ownership of our health.

*Dr. Gaétan Brouillard is a hospital doctor, with 35 years of clinical instruction experience. He practises preventive and functional medicine, and he has expertise in treating chronic pain. He has also acquired skills in acupuncture, naturopathy, osteopathy and hypnotherapy. He promotes a multi-disciplinary approach to health, focussed on the individual, not the disease.*

### Strong points

- Unlike other approaches, this one considers both the physical and psychological aspects of pain.
- The tone is compassionate, reflecting the author and his way of practising medicine.
- The author is dealing here with his area of specialization. He is up to date on the most recent medical breakthroughs in the treatment of pain.
- Many techniques are explored to suggest complementary solutions: acupuncture, massage therapy, exercises and stretches, meditation, etc.
- In the section "Pain from A to Z", the causes and possible treatments for various diseases are discussed.

By the same author  
**RETHINKING HEALTH**  
 Dr. Gaétan Brouillard  
 Rights sold to France, Italy  
 and Portugal.

> 40 000 copies sold in Québec.

