Renowned health journalist addresses the most important questions about chronic pain: what is it, whom does it affect most, which pain relief methods in Western and alternative medicine are effective, what are the risks and benefits for opioids and marijuana, and how can the chronic pain crisis be resolved for good?

The book is a wake-up call for a health problem that affects people across the globe, from all walks of life. Written in the classic, easy-to-read and quick reference style of the What Everyone Needs to Know® series, it's a must-read for anyone whose life or work is affected by chronic pain.

Special features: Addresses the major health issue of pain, which claims hundreds of millions of sufferers worldwide and costs the U.S. alone $560-635 billion a year. Explains complicated medical and health mechanisms in clear, plain language. Argues that women, children, older populations, and the poor are disproportionately affected.