

The Mindfulness Solution to Pain Step-by-Step Techniques for Chronic Pain Management



BOOK DETAILS

- Author : Jackie Gardner-Nix
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BOOK SYNOPSIS

Your mood, thoughts, and emotions can affect your perception of pain and even your ability to heal. In fact, your past life experiences influence your current physical challenges: "your biography influences your biology." While treatments like medication and physical therapy can be enormously beneficial to the body, to maximize pain relief, its necessary to take advantage of the minds healing abilities. The Mindfulness Solution to Pain offers a revolutionary new treatment approach, mindfulness-based chronic pain management, that helps you harness your minds power to quiet your pain and put you in control. Mindfulness practice, which includes stationary meditations, movement meditations, mindful art, and other strategies, will help you: Understand how emotions and thoughts affect physical symptoms Reverse the debilitating effects of some chronic pain conditions Prevent pain from becoming chronic or long-term Lift the anxiety and depression that may accompany chronic pain

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