



Reversing Chronic Pain: A 10-Point All-Natural Plan for Lasting Relief

Maggie Phillips

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Reversing Chronic Pain offers a dynamic framework for joining body and mind to speed the healing of traumatic pain from the body level up. Each chapter presents a body-centered skill set that can be mastered through a broad menu of practice exercises. The resulting interlinked somatic building blocks help readers shift from physical pain to body awareness, and from unstoppable suffering to heartfelt connection and peace.

Building on the AIDS cocktail approach that reflects the fact that chronic pain is complex and no one tactic is likely to solve the problem, renowned expert Maggie Phillips presents a 10-1 pain plan comprised of easy strategies based on somatic experience. Even if the reader's pain is perceived as a "10" at the onset of the program, with 10 being intolerable, the somatic building blocks help shift the pain one point at a time until it gradually diminishes to "1" or even "zero." Showing how the common professional interventions—medication, physical therapy, acupuncture, biofeedback—may be more harmful than healing, *Reversing Chronic Pain* stresses self-treatment throughout, involving sufferers in attaining lives not simply endured but actively enjoyed.

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This Reversing Chronic Pain: A 10-Point All-Natural Plan for Lasting Relief is great guide for you because the content which is full of information for you who all always deal with world and still have to make decision every minute. This kind of book reveal it details accurately using great manage word or we can claim no rambling sentences inside. So if you are read that hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but hard core information with splendid delivering sentences. Having Reversing Chronic Pain: A 10-Point All-Natural Plan for Lasting Relief in your hand like keeping the world in your arm, information in it is not ridiculous 1. We can say that no publication that offer you world with ten or fifteen small right but this publication already do that. So , this is certainly good reading book. Hi Mr. and Mrs. active do you still doubt this?

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