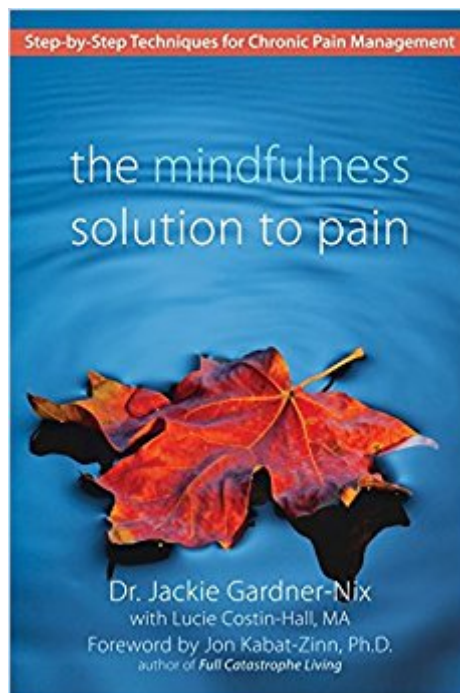




Ebook Directory
the best source of ebook

The book was found

The Mindfulness Solution To Pain: Step-by-Step Techniques For Chronic Pain Management



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, it’s necessary to take advantage of the mind’s healing abilities. This book offers a revolutionary new treatment approach, mindfulness-based chronic pain management, that helps you harness your mind’s 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

Book Information

Paperback: 224 pages

Publisher: New Harbinger Publications; 1 edition (February 2, 2009)

Language: English

ISBN-10: 1572245816

ISBN-13: 978-1572245815

Product Dimensions: 5.9 x 0.6 x 8.9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 37 customer reviews

Best Sellers Rank: #77,189 in Books (See Top 100 in Books) #7 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #100 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

"Dr. Jackie's book provides a holistic approach to help people manage and cope with their daily pain. The Mindfulness Solution to Pain provides hope to anyone who is suffering and losing function as a result of constant pain." • Sol Stern, MD, chairman of Palliative Care at Halton Healthcare Services in Oakville, ON, Canada

In *The Mindfulness Solution to Pain*, pain specialist and mindfulness based stress reduction (MBSR) teacher Jackie Gardner-Nix offers techniques proven to reduce chronic pain and suffering using

mindfulness meditation exercises based on the pioneering work of Jon Kabat-Zinn.

The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management by Dr. Jackie Gardner-Nix has a simple theoretical premise which is difficult, but not impossible, to put into practice. This is necessarily the case, for mindfulness demands a great deal of focused attention. It takes practice and work. One of the chief insights in this book is that physical pain and our mental states go hand in hand. Pain is a physiological response to something wrong with our bodies, certainly, but equally important in this equation is how we frame the experience of pain in our minds. This book sets out many techniques on how to frame, or re-frame, our experience of pain. This is helpful for alleviating our pain level. Even sitting still with our pain, allowing it to happen, not fighting it or judging it, is helpful, and a great start.

Though I haven't been good about meditating every day, I have taken many beneficial nuggets of information in this book to help me on my healing journey with fibromyalgia. I do need to find the time to meditate, as I think it would greatly improve my well-being.

Not as wonderful as I had hoped

At times confusing, but overall a good approach to mindfulness and meditation to relieve chronic pain. Read carefully.

great information.

Great book @ brill value

Don't find it as useful as other of the many choices of literature on mindfulness applications to living with chronic pain, but it does have many useful pieces of information and advice.

The step by step techniques are easy to follow and do help you reach that state of MINDFULNESS. One can rest better and sleep better if one does as one reads. DO try this method if you are in pain whether it be chronic pain or other.

[Download to continue reading...](#)

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

Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain
Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain
Terms MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain
Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Mindfulness: Mindfulness for
Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included)
(Mindfulness, Meditation, Buddhism, Zen) Chronic Pain: Taking Command of Our Healing! :
Understanding the Emotional Trauma Underlying Chronic Pain Anti Inflammatory Diet: Chronic
Disease to Healthy Living - A Simple Guide (Chronic Pain, Arthritis, Joint Pain Book 1) Brain
Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors
and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) The
Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE
BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS &
CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback The Chronic
Pain Solution: Your Personal Path to Pain Relief Back Stretching: Back Strengthening And
Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back
pain treatment, ... pain relief, stretching, back pain Book 1) Chronic Fatigue Syndrome And Your
Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For
Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Chronic Kidney
Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic
Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD) The Chronic Pain Control
Workbook: A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger
Workbooks) Somatics: Somatics 101: Somatics - For: Flexibility, Posture, Pain Management &
Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic
Pain) The Cannabis Health Index: Combining the Science of Medical Marijuana with Mindfulness
Techniques To Heal 100 Chronic Symptoms and Diseases Coping with Chronic Illness: *Neck and
Back Pain *Migraines *Arthritis *Fibromyalgia*Chronic Fatigue *And Other Invisible Illnesses Hip
Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip
pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Cognitive Therapy for
Chronic Pain, First Edition: A Step-by-Step Guide Cognitive Therapy for Chronic Pain, Second
Edition: A Step-by-Step Guide

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help