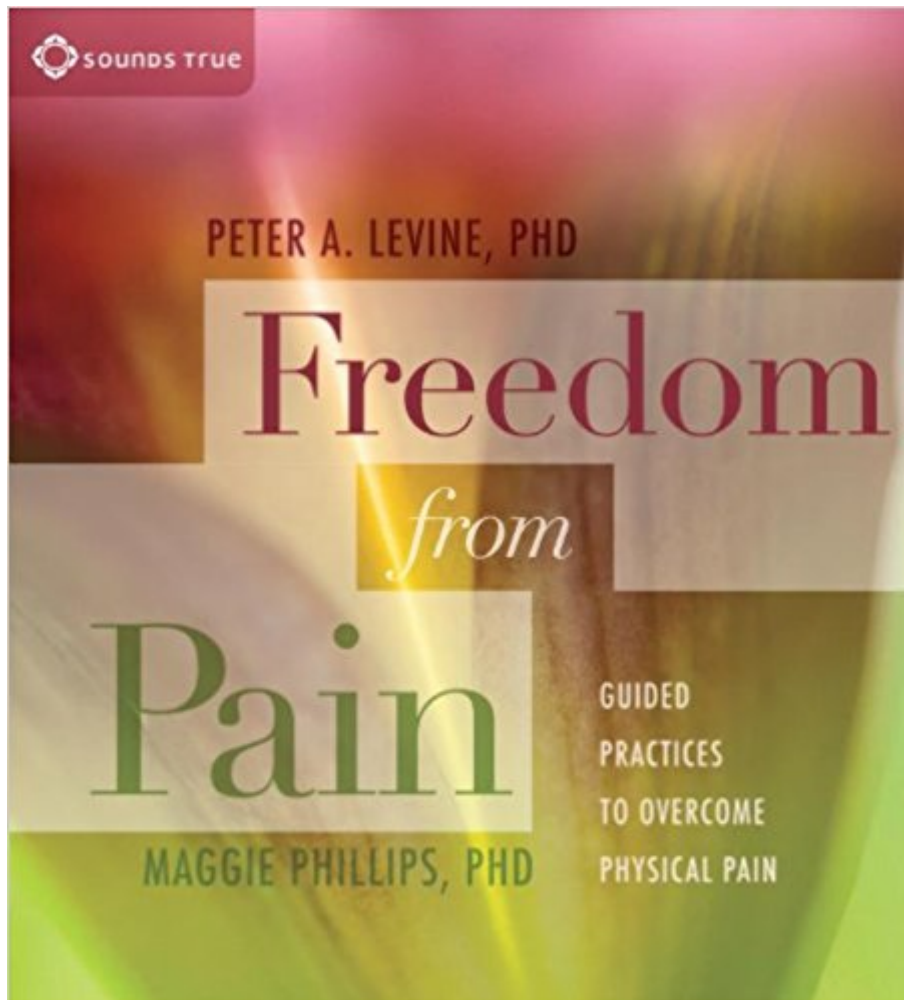




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Freedom From Pain: Guided Practices To Overcome Physical Pain



Synopsis

Healing Physical and Emotional Trauma, A Key to Long-Term Pain Relief For those suffering chronic pain—even after years of surgery, rehabilitation and medication—only one question matters: How do I find lasting relief? With *Freedom from Pain*, two pioneers in the field address a crucial missing factor essential to long-term recovery—healing the unresolved emotional trauma held within the body. The path out of pain is unique for each one of us, explain Peter Levine and Maggie Phillips. It’s a labyrinth shaped by physical injury, genetics, learned responses, and—crucially—prior traumatic events and suppressed emotions. When all of these elements are successfully addressed, true recovery becomes possible. This program will help you to initiate that shift. Informed by their founding work in the Somatic Experiencing® process and unique insights gleaned from decades of clinical success, Drs. Levine and Phillips will show you how to: Calm the body’s over-reactive “fight” response to pain Release the fear, frustration, and depression intensified by prior traumas Build inner resilience and self-regulation Relieve pain caused by the aftermath of injuries, surgical procedures, joint and muscle conditions, migraines, and more Whether you’re seeking to begin a self-care strategy or amplify your current treatment program, *Freedom from Pain* will provide you with proven tools to help you experience long-term relief. Course objectives: Discuss how to release the fear, frustration, and depression intensified by prior traumas, thereby lessening pain in the body. Apply the founding work of the Somatic Experiencing process to relieve pain caused by the aftermath of injuries, surgical procedures, joint and muscle conditions, migraines, and more. Practice exercises that build inner resilience and self-regulation supporting recovery from pain syndromes. Utilize exercises to calm the body’s over-reactive fight response to pain and other proven tools to help you experience long-term relief.

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Customer Reviews

"Brilliant, practical, and wise, this is an enormously helpful book. I cannot recommend this work highly enough."-Jack Kornfield, author of *A Path with Heart* "This book is for everyone who wants freedom from pain. These well-respected experts cover all the vital bases to provide the reader with the skills to relieve the many forms of pain. I have read dozens of books on pain relief and the power of the mind for healing, and this is the clearly the best to date."-Steven Gurgevich, PhD, assistant clinical professor of medicine, Arizona Center for Integrative Medicine "Pain is one of the most complex experiences in our existence and involves the physical, psychological, and spiritual dimensions of our life. *Freedom from Pain* approaches pain relief from all these dimensions in ways that have been clinically proven to work. Don't let pain dominate your life. Let Drs. Peter Levine and Maggie Phillips be your guides."-Larry Dossey, MD, author of *Healing Words* and *The Power of Premonitions* "Pain is unavoidable. Suffering is optional. Nice idea in principle, but how do we make it real? Peter and Maggie show you, step by step."-Shinzen Young, author of *The Science of Enlightenment* "With *Freedom From Pain*, the enigma of chronic, unrelenting pain seems much less mystifying. The gentle and reassuring approach of Drs. Levine and Phillips offers many practical possibilities for addressing pain with a sense of personal empowerment and a renewed drive toward wellness on all levels. Theirs is a multidimensional approach that holds great promise for providing the relief every person in pain hopes for."-Michael D. Yapko, PhD, clinical psychologist and author of *Mindfulness and Hypnosis: The Power of Suggestion to Transform Experience and Managing Pain With Hypnosis* --This text refers to the Paperback edition.

Peter A. LevinePeter A. Levine, PhD, has spent 45 years studying and treating stress and trauma. He holds a doctorate degree in medical biophysics from the University of California at Berkeley and in psychology from International University. He is the developer of Somatic Experiencing®[®], a naturalistic approach to healing trauma. He has practiced and taught at treatment centers, hospitals, and pain clinics throughout the world, and has dealt with a wide range of trauma, including accidents, rapes, assaults, abuse, and invasive medical procedures. Peter was a stress consultant for NASA during the development of the Space Shuttle program. He served with the Institute for World Affairs Task Force for "Psychologists for Social Responsibility" and the

American Psychological Association – “Presidential Initiative on Responding to Large-Scale Disasters and Ethno-Centric Warfare.” He is also the bestselling author of *Waking the Tiger* (published in 22 languages), as well as several other books and audio programs that teach people how to use the body as a tool in resolving trauma. Peter is the founder of the Foundation for Human Enrichment, based out of Boulder, Colorado, which now has a membership of 5,000 Somatic Experiencing® training practitioners worldwide. His current interests include prevention of trauma in children, for which he has published two books, his most recent being *Trauma-Proofing Your Kids: a Parent’s Guide to Instilling Confidence, Joy, and Resilience*. In Fall 2010, he published his master opus *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*. In October 2010 he received a Lifetime Achievement Award from the United States Association for Body Psychotherapy (USABP.org). Maggie Phillips Maggie Phillips, PhD, is a psychologist specializing in pain and the author of *Healing the Divided Self, Finding the Energy to Heal and Reversing Chronic Pain*.

This is a seminal work on the connection between trauma and pain. I recently completed the Level 1 training for Sensorimotor Psychotherapy and Peter Levine’s work plays prominently into the curriculum. This book will be enormously helpful to my clients and I will recommend that a few purchase it. It also puts the control into the hands of clients which is a powerful tool for healing. Coleen Lillie

These practices help to focus the mind on non-painful safe areas immediately when pain hits. Keeping energy moving by not freezing but moving from pain to safe non-pain spaces is very helpful. Trauma titration is supportive in dealing with recurring memories, gentle compassion for painful emotions like loss or heartbreak Chronic pain can be a pattern in the brain as well as the body, at least my earlobes don’t hurt so shifting there is now my first thought.

It is very good but I did have to look up a lot of words in the dictionary. You really have to have some medical background to understand the text.

This book is a great resource and a place to start when becoming present to chronic pain and the body that bears it.

This is a valuable guide to befriending your body, even if you have pain. I would recommend it for

anyone, not just for people who are at the ends of their ropes.

I get tired of reading reviews in which people say, essentially, "This book cured my chronic pain!" No book has done that for me. But in general, I found the information in this book helpful and the CD even more so because it contains exercises. I have tried umpteen different types of meditations, exercises, creative visualization, etc. for chronic pain. Most have not helped much. The circle breathing exercise has been the best by far, which makes me laugh after having read the person's review about not being able to breathe down your legs and out your feet (understandable if you are not familiar with this sort of thing--I still feel the same about the meditations that tell me to "make friends with [my] pain"). Besides the circle breathing, the "voo breathing" was the most useful. Those two exercises alone made this book and CD well worth "the price of admission." Those might not be the ones that work for you, but maybe you might also find a helpful exercise or information that makes a difference.

Love the book...do not like handbooks, though. I mean to follow through, but just do not.

THIS IS THE NEW MEDICINE. IN OUR BRAINS. CHANGE THE WAY WE THINK.

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Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1)
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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) Keep It Up: Guided Self Hypnosis, Overcome Erectile Dysfunction: Gain Sexual Confidence & Maintain an Erection with Affirmations Overcome Panic & Anxiety Guided Self Hypnosis: Deep Relaxation, Release Stress & Worry With Bonus Meditation & Affirmations - Anna Thompson Stop Drinking, & Overcome Alcohol Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations Codependent No More, Overcome Codependence: Sleep Learning, Guided Self Hypnosis, Meditation, & Affirmations PAIN: SOFTENING THE SENSATIONS -- Deep Relaxation/Meditation, Guided Imagery Affirmations Proven to Relieve, Reduce, Manage Chronic and Acute Pain ... CD/Booklet) (Relax Into Healing Series) Journey to a New Beginning after Loss: Freedom from the Pain of Grief and Disappointment (Journey to Freedom) Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques

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