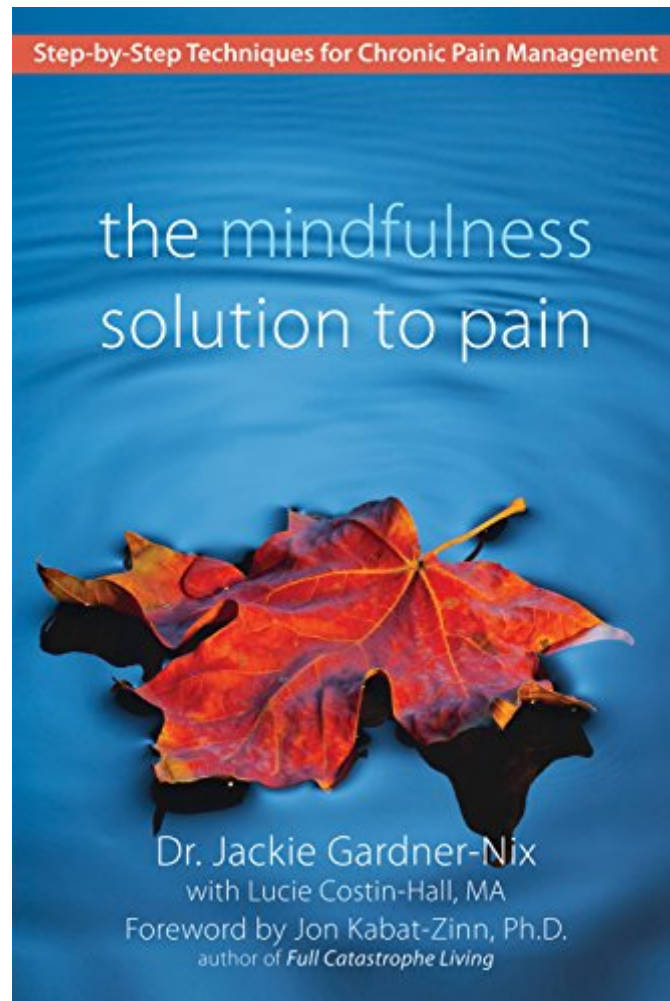


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# The Mindfulness Solution To Pain: Step-by-Step Techniques For Chronic Pain Management



## 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

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## Customer Reviews

I am writing this review after only completing half of this book, and will update when finished. This

book has opened my eyes to a new type of pain medication - meditation. Unlike the rest of the books I have read broaching the subject of pain management (more specifically for me multiple sclerosis/fibromyalgia management), this one has not lost my attention yet, I have thoroughly enjoyed learning something new to try in my never ending cycle which for me personally entails stress from illnesses/life -> Pain from fibromyalgia due to stress -> MS exacerbated by fibromyalgia pain and stress -> pain meds -> more pain meds because the last stopped working, and so on. For the first time in a long time I have new hope of changing things, and truly believe stress is a huge factor to pain, based if nothing else, on pure experience. I will update my review upon finishing this book, but please take a look if you are in a situation like I am, mindfulness is a solid technique for relief, or if you want mindfulness from another perspective, try reading about dialectical behavioral therapy, it is the same techniques but used for psychologically error-ed thinking (distortions in perception).

I recently decided to buy this book and finally, after everything I've read about the benefits of mindfulness for pain management, commit to making this part of my life. I blog about my journey reading this book at my blog [painfullyawareblog.wordpress.com](http://painfullyawareblog.wordpress.com). I find the book makes you take an honest re-appraisal of your approach to pain management, and life, but gives you a lot of support and encouragement along the way. Highly recommended!

In this brief book Jackie Gardner-Nix presents us with the idea that we relate to pain as though it is alien to us, and something to be conquered, never realizing that pain is a sign of imbalance in our lives. Short meditation and mindfulness exercises help us to hone in on the language our bodies are speaking to us through pain, and how to respond constructively in order to bring ourselves back into balance. **RECOMMENDED.**

The book offers valuable lessons in the benefits of mindfulness, especially for pain management. At the start of the book I felt the author was trying a little too hard to sell the benefits of mindfulness, by providing examples of extraordinary successes. But the remainder of the book is about practical step-by-step mindfulness and body scans, to help anyone become more aware of his or her body and its feelings.

I suffer from chronic pelvic pain and I found this book very helpful. It is very easy to read and understand, and I especially liked the step by step techniques and the explanation of mindfulness. I

am just a beginner in this area of meditation and am seeing some results.

I suffer with chronic pain. Just reading a portion of this book so far has helped me see that the way I think about pain makes it more difficult to bear. I associate pain with terror (PSTD). No pill can fix that. If I can change my thinking using the techniques outlined, I will do so much better.

I highly recommend this book for anyone battling chronic pain. It not only helps you manage it; but also crystalises some answers to the "why" question. Mindfulness helps you manage life and pain in a way that allows you to find contentment. This book helped me understand why my pain is chronic when others heal in a shorter time. For me it provided practical applications for existing knowledge of mindfulness; but it would still be an easy read for someone new to the concept. Jenny

Have studied meditation (and teach) for many years. Chronic pain patient myself and meditation has been my greatest ally. It is helpful for so many things: bullying, anger, self-realization, on and on. I did like most of what Jon Kabat-Zinn had to say, in his books and lectures. I'm disappointed that he gave his name to this project. It seemed ok at first, and then I noticed the quoting of the junk science of Dr. Sarno. There are so many researchers out there, from biochemists to neuroscientists with so much real, true information to share about the most helpful benefits of meditation, and how the mind really works in relationship to pain, why is this man still being listened to? My opinion, Sarno is junk science. It is now proven, known and accepted by most legitimate healthcare providers that a rare percentage of individuals suffer psychosomatic illnesses/pain. That model is unhelpful, untrue and unnecessary. Pain is pain, it is real. Emotions play into that, but they don't cause it. Think about it. I threw the book away. There are many great books, tapes, classes and lecture series out there that don't depend on junk science to market them. Like a lot of other things, meditation has become highly marketable and there are those who are taking advantage of that for its \$\$ value. My opinion, it is true here. Too bad. But, it always happens. The Insight Meditation Society, I believe, has been able to keep their focus on the truth, and benefits of meditation. Kabat-Zinn gained much of what he teaches from their format. I'd stick with them.

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