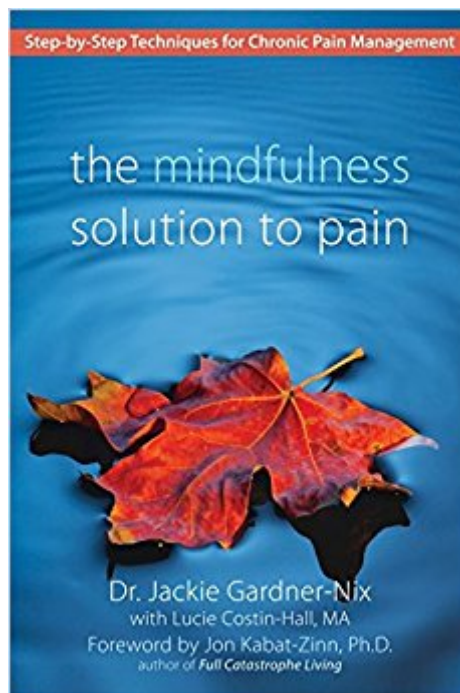




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# The Mindfulness Solution To Pain: Step-by-Step Techniques For Chronic Pain Management



## 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

"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 ã ã ã~ã

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.

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