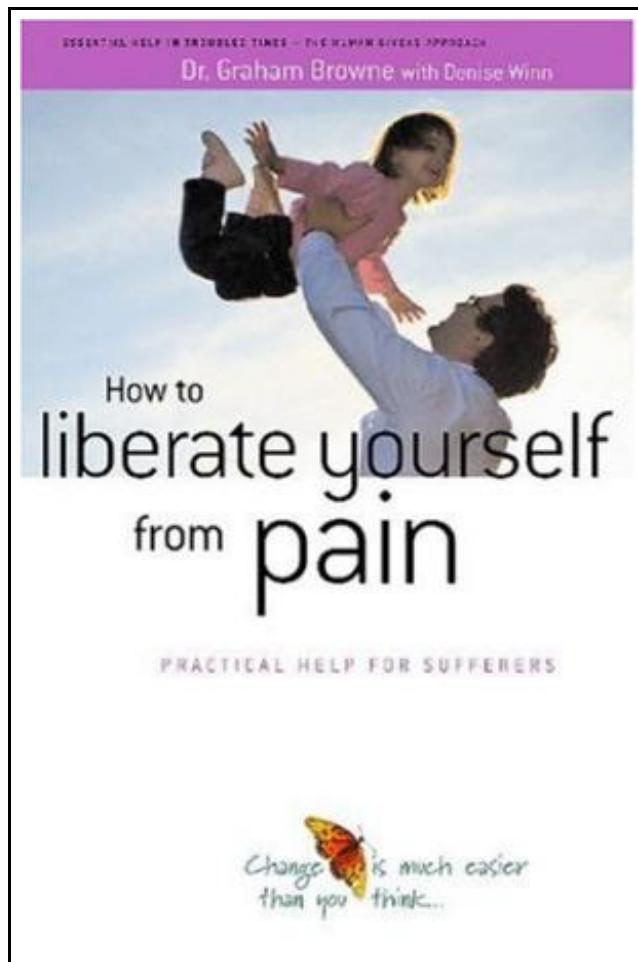


How to Liberate Yourself from Pain: Practical Help for Sufferers



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HOW TO LIBERATE YOURSELF FROM PAIN: PRACTICAL HELP FOR SUFFERERS

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Human Givens Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, How to Liberate Yourself from Pain: Practical Help for Sufferers, Grahame Brown, Denise Winn, A huge proportion of people suffer from severe, miserable, persistent or recurrent pain and many of them have been told that no physical cause for their pain can be found (the implication being that they must be imagining it). This book turns our current understanding of pain experience on its head. It also acknowledges that pain that doesn't have a clear physical cause is still physically very real indeed and shows that all pain is both psychological and physical. Using understandings from the human givens approach (which maintains that, to be at our healthiest and happiest, we need important emotional needs to be met and to be using our innate resources properly when endeavouring to meet them), the author shows how lives full of pain - of known cause or not - can be transformed into productive, fulfilled ones. Down-to-earth, sympathetic and readable, How to liberate yourself from pain provides techniques for learning how to: relax, identify and overcome obstacles to getting better, 'diagnose' why pain is persisting, stop black-and-white thinking and catastrophising, take an empowering perspective and use the imagination positively to diminish pain. Plenty of encouraging case histories show how others have successfully overcome all kinds of severe and enduring pain, even of many years' duration. This book explodes common myths about pain and give sufferers hope for a better future, no matter how severe their pain, through simple, successful, practical techniques for taking back control of their lives. This title discusses the following topics: all pain can be diminished; the language we use when we think about or describe pain affects its severity (the author always avoids the word 'chronic' because people tend...

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