

Unlearn Pain Howard Schubiner Michael Betzold

Get better and bigger results without using illicit or unhealthy drugs! This book includes detailed programs and workouts, specific techniques for particular lifts, proven dietary guidelines, a week-long pre-competition plan, and true inspirational success stories to help readers reach their fitness potential.

For pain sufferers everywhere, bestselling author Dr. John E. Sarno brings important new information about when, where, and how emotional factors affect physical well-being, and how this process can be reversed.

If you are suffering from chronic pain, or know someone who is, *Back in Control* could change your life. Dr. David Hanscom, a spine surgeon and fellow sufferer, shares with you what finally pulled him out of the abyss of chronic pain after 15 years--without surgery or addictive medications. Instead, his approach to treatment focuses on an aspect of chronic pain that the medical world has largely overlooked: you must calm your nervous system in order to get better. More than any other book about pain, *Back in Control* reveals how to quiet a turbocharged central nervous system, relieve the anxiety and depression that often accompany chronic pain, and make a full recovery. *Back in Control* offers a self-directed healing approach that has evolved from Dr. Hanscom's personal experience, as well what he has learned from successfully treating hundreds of patients. The book: Provides a proven solution to end chronic pain - Dr. Hanscom's treatment model has helped hundreds of patients move from managing pain to becoming pain free. Doesn't require surgery or meds - The approach presented in *Back in Control* helps you eliminate chronic pain without the risk of surgery or side effects of medications. Puts you in control - *Back in Control* provides tools for eliminating pain that you can use on your own or as part of an ongoing treatment plan, to take back control of your care and your life. Applies to any type of chronic pain - The principles in *Back in Control* apply to any chronic pain condition, for example back pain, neck pain, hip pain, joint pain, fibromyalgia and sciatica, to name a few. This book is for chronic pain sufferers and those who care for them doctors, nurses, family members, and friends. It offers proven techniques to clear pain and live a life free from suffering, from a former chronic pain sufferer who searched the globe for answers--and found them. Elizabeth Kipp lived with chronic pain for over four decades until she learned nonpharmaceutical techniques to clear it and live a life free from suffering. These techniques work because chronic pain significantly changes the brain. Only by addressing those changes can healing occur. In this enlightening book Kipp shares those techniques and her experiences and insights using them as she healed. You will learn: How chronic stress and our reaction to it contribute to chronic pain--and how to change your behavior to alleviate it. The proven methods that help heal chronic pain, including a healthy mindset, focus, mindfulness, Ancestral Clearing, meditation, and breath work. The critical elements for healthy self-care, including a daily practice.

A Cognitive-Behavioral Therapy Approach Workbook

Living Beyond Your Pain

Powerful CBT and Mindfulness Skills to Take Control of Pain and Reclaim Your Life

What You Eat Impacts Us All

Reaching Through Resistance

Advanced Psychotherapy Techniques

The Epidemic of Mindbody Disorders

A groundbreaking exploration of the long-term effects of historic Jewish trauma and an inspiring account of how individuals and families around the world are reshaping their future.

A Practical, Gentle, and Empathetic Approach to Pain Where do you turn when medication and medical treatments do not relieve persistent, debilitating pain? What can you do when pain interferes with work, family, and social life and you no longer feel like the person you used to be? Relying on firsthand experience with severe nerve pain, author Sarah Anne Shockley accompanies you on your journey through pain and offers compassionate, practical advice to ease difficult emotions and address lifestyle challenges. Her approach helps reduce the toll that living in pain takes on relationships, self-image, and well-being while cultivating greater ease and resilience on a daily basis. Dozens of accessible, uplifting practices guide you every step of the way from a life overcome by pain to a life of greater comfort and peace. *The Pain Companion* also offers profound insights for medical practitioners and invaluable guidance for anyone who loves or cares for others in pain.

Change your brain, change your pain with this powerful, evidence-based workbook. If you're struggling with chronic pain, you're not alone: more than one hundred million Americans currently live with chronic pain. Yet, despite its prevalence, chronic pain is not well understood. Fortunately, research has emerged showing the effectiveness of a treatment model for pain management grounded in biology, psychology, and social functioning. In this groundbreaking workbook, you'll find a comprehensive outline of this effective biopsychosocial approach, as well as scientifically supported interventions rooted in cognitive-behavioral therapy (CBT), mindfulness, and neuroscience to help you take control of your pain—and your life! You'll learn strategies for creating a pain plan for home and work, reducing reliance on medications, and breaking the pain cycle. Also included are tips for improving sleep, nutrition for pain, methods for resuming valued activities, and more. If you're ready to take your life back from pain, this workbook has everything you need to get started.

CONGRATULATIONS! Picking up this book shows you want to help yourself feel better. That's the first step toward having less pain and using less pain medication. You are not alone. About 100 million Americans—one in three people—have ongoing pain. It can be mild or very strong, come in waves or always be present, be simply annoying or make your normal life hard to live. Pain is

the most common reason people visit their doctor. Many people mistakenly believe that chronic pain is best treated simply by taking powerful painkillers, also known as opioids. But people who think pills are the only answer are mistaken, because the best treatment for chronic pain includes much more than pills. In fact, the most important part of pain treatment isn't your medication or even your doctor: it's YOU. This book gives you the right road map and skills to help you reduce your own pain, so you need less medication. It is a formula for success—your own personal pain relief kit.

Forgive for Good

The Way Through Chronic Pain

Back in Control

A Self-Guided Process to Reprogram Your Brain

Think Away Your Pain

Back Sense

Avoid the Dangers of Prescription Opioids and Gain Control over Chronic Pain

The Divided Mind is the crowning achievement of Dr. John E. Sarno's distinguished career as a groundbreaking medical pioneer, going beyond pain to address the entire spectrum of psychosomatic (mindbody) disorders. The interaction between the generally reasonable, rational, ethical, moral conscious mind and the repressed feelings of emotional pain, hurt, sadness, and anger characteristic of the unconscious mind appears to be the basis for mindbody disorders. The Divided Mind traces the history of psychosomatic medicine, including Freud's crucial role, and describes the psychology responsible for the broad range of psychosomatic illness. The failure of medicine's practitioners to recognize and appropriately treat mindbody disorders has produced public health and economic problems of major proportions in the United States. One of the most important aspects of psychosomatic phenomena is that knowledge and awareness of the process clearly have healing powers. Thousands of people have become pain-free simply by reading Dr. Sarno's previous books. How and why this happens is a fascinating story, and is revealed in The Divided Mind.

Biography of pathologist Dr. Jack Kevorkian, discussing his life and his involvement with assisted suicide.

Built in 1912, Detroit's Tiger Stadium provided unmatched access for generations of baseball fans. Based on a classic grandstand design, its development through the 20th century reflected the booming industrial city around it. Emphasizing utility over adornment and offering more fans affordable seats near the field than any other venue in sports, it was in every sense a working-class ballpark that made the game the central focus. Drawing on the perspectives of historians, architects, fans and players, the authors describe how Tiger Stadium grew and adapted and then, despite the efforts of fans, was abandoned and destroyed. It is a story of corporate welfare, politics and indifference to history pitted against an enduring love of place.

Chronological diagrams illustrate the evolution of the playing field.

Using mindfulness-based techniques and cognitive behavioral tools, a leading expert on the use of acceptance and commitment therapy (ACT) teaches readers to transcend the experience of chronic pain by reconnecting with other, more valued aspects of their lives.

Psychophysiologic Disorders

The Michael Betzold Files

Healing Back Pain

Healing Intergenerational Jewish Trauma

Tools to Reclaim Your Healing Power

Opioid-Free Pain Relief Kit

Faulty Medical Advice Is Making Us Worse

Pathways to Pain Relief is based upon the pioneering work of John E. Sarno, MD, Professor of Rehabilitation Medicine, New York University School of Medicine. Dr. Sarno has advanced the idea that a wide variety of pain disorders are psychophysiologic in origin. Psychophysiologic disorders, previously referred to as psychosomatic disorders, are just one aspect of the recently energized field of mindbody medicine. What distinguishes Pathways to Pain Relief is that it embraces the position that musculoskeletal pain and other psychophysiologic disorders can originate from psychological experiences as a means to protect an individual from unbearable emotional distress. Psychotherapeutic techniques based on the medicalization of musculoskeletal pain foreclose the possibility of approaching these conditions as a psychophysiologic disorder. The medicalization paradigm prevents many clinicians from recognizing that the same emotional conflicts which lead to psychological symptoms can initiate the development of physical symptoms as well. Pathways to Pain Relief provides details on how treatment has worked from the patient's and the therapist's point of view. The authors, Dr. Frances Sommer Anderson & Dr. Eric Sherman, present clinical case material to illustrate how musculoskeletal pain and other psychophysiologic disorders can originate from psychological experiences as a means to protect an individual from unbearable emotional distress.

Do you suffer from anxiety or depression? Despite skyrocketing numbers of people affected by these conditions, current medical treatments are deeply flawed and often simply don't work. This book offers a different way to understand and overcome your anxiety or depression. Cutting-edge research shows that stressful or traumatic life events can create patterns in the brain that may be advantageous at first but, in the long run, can pose barriers to achieving emotional health. Dr. Schubiner has developed a unique program to help you understand whether this model applies to you and guide you to reverse these patterns that have led to anxiety or depression. The program in this book will guide readers through a step-by-step approach to recovery. The techniques that are used include a new understanding of their symptoms, powerful behavioral interventions, emotional processing, therapeutic writing, meditation, and everything else needed to unlearn anxiety and depression.

Get Chronic Pain Under Control Have you tried a number of approaches to manage chronic pain without much relief? The discouraging cycle of hope followed by frustration and continued pain can be as damaging to your quality of life as pain itself. To address this problem, the most current approaches to pain management advocate living well despite pain. They encourage pain sufferers to set aside their struggle with pain and learn the skills they need to stay engaged with life. Distilled from the very best of these techniques, 10 Simple Solutions to Chronic Pain offers you ten simple, effective solutions for thriving with chronic pain. First, you'll get a quick introduction to the physiology of pain. Then it's down to the business of improving your quality of life: You'll learn tips for getting better sleep, ways to build a strong support system, and techniques for overcoming fear, anxiety, and depression. You'll discover better ways to communicate with doctors about your problems and find out which treatment options are likely to do you the most good. With the advice in this book, you can move from a debilitating cycle of pain to a full and rewarding life.

Third edition of the popular book about the role of the brain in chronic pain.

The Divided Mind

The Great Pain Deception

The 12 Stages of Healing

Natural Bodybuilding

Trauma Informed, Interprofessional Diagnosis and Treatment

The Pain Relief Secret

The Green New Meal

In the rapidly worsening climate emergency, the lives of our own children and grandchildren and of future generations worldwide, are at stake. We must act urgently. The good news is there's something we all can do: match our consumption patterns with our ethical values and our moral obligations. A Green New Deal is essential, but it's not enough. Michael Betzold summarizes the overwhelming evidence that must inform the action needed to meet the existential challenge we face. It starts with your next meal.

On occasion nearly everyone experiences short-term back pain from sore or strained muscles. But for many who come to treat their back gingerly because they fear further "injury," a cycle of worry and inactivity results; this aggravates existing muscle tightness and leads them to think of themselves as having a "bad back." Even worse is the understandable but usually counterproductive assumption that back pain is caused by "abnormalities" – bulging disks, a damaged spine, and so on. However, these abnormalities are frequently found in those who have absolutely no pain whatsoever. In reality, most backs are strong and resilient, built to support our bodies for a lifetime; truly "bad backs" are rare. Drawing on their work with patients and studies from major scientific journals and corporations, the authors of Back Sense – all three are former chronic back pain sufferers themselves – developed a revolutionary self-treatment approach targeting the true causes of chronic back pain. It is based on conclusive evidence proving that stress and inactivity are usually the prime offenders, and it allows patients to avoid the restrictions and expense of most other treatments. After showing readers how to rule out the possibility that a rare medical condition is the source of their problem, Back Sense clearly and convincingly explains the actual factors behind chronic back pain and systematically leads readers toward recapturing a life free of back pain.

Dr. John E. Sarno's groundbreaking research on TMS (Tension Myoneural Syndrome) reveals how stress and other psychological factors can cause back pain-and how you can be pain free without drugs, exercise, or surgery. Dr. Sarno's program has helped thousands of patients find relief from chronic back conditions. In this New York Times bestseller, Dr. Sarno teaches you how to identify stress and other psychological factors that cause back pain and demonstrates how to heal yourself--without drugs, surgery or exercise. Find out: Why self-motivated and successful people are prone to Tension Myoneural Syndrome (TMS) How anxiety and repressed anger trigger muscle spasms How people condition themselves to accept back pain as inevitable With case histories and the results of in-depth mind-body research, Dr. Sarno reveals how you can recognize the emotional roots of your TMS and sever the connections between mental and physical pain...and start recovering from back pain today.

Please note: This is a companion version & not the original book. Sample Book Insights: #1 Your pain is real, and there is a reason for it. It can be cured, but you must first find the underlying cause of it. The problem is not in your head. It ' s in your diagnosis. #2 Pain begins when neural pathways from the brain to the body are stimulated or fired. Over time, these pathways can become wired into the brain ' s circuitry. The nervous system learns to create chronic pain, even though there is no serious medical condition in the body. #3 The brain, nerves, and pain are all connected. The brain can both create and cure chronic painful conditions. The three major components of the nervous system that create the vicious cycle of pain are the nerves that send pain signals from the body to the brain, the brain itself, where those nerve signals are interpreted, and the nerves that send signals back to the body. #4 Modern medicine is typically unable to solve the problem of MBS. You will learn how to cure yourself in this program.

The Mind-Body Connection

A Surgeon's Roadmap Out of Chronic Pain, 2nd Edition

The Meaning of Truth

The Open-Focus Brain

A Revolutionary Approach to Halting the Cycle of Chronic Back Pain

Living beyond Pain

Chronic pain is a common medical problem shared by roughly 100 million Americans-close to one third of the U.S. population. In the past few decades there has been an alarming trend of using prescription opioids to treat chronic pain. But these opioids-the main prescribed analgesic-come with hidden costs, and this book reveals the ramifications of their use and provides a low or no-risk alternative. Armed with the right information, you can make informed decisions about your pain care. By appreciating the risks and limitations of prescription opioids, and by learning to reduce your own pain and suffering, you will gain control over your health and well-being. Each copy includes Beth Darnall's new binaural relaxation CD, Enhanced Pain Management.

Self-guided chronic pain recovery program

Did you know that one in six adults and 30-40% of primary care patients suffer from medically unexplained symptoms, chronic functional syndromes or psychosocial factors linked to chronic pain? Collectively these are known as Psychophysiologic Disorders or PPD. A trauma-informed, evidence-based approach to diagnosis and treatment can transform these patients from among the most frustrating to the most rewarding and give them a far better chance for a full recovery. As one family physician who learned these concepts said: "It put the joy back into my practice." From this innovative book, medical and mental health professionals will learn to relieve (not just manage) physical symptoms by assessing for and treating current life stresses, past traumas, suppressed emotions and the prolonged impact of adverse childhood experiences (ACEs). The sixteen authors from five countries average 20 years of experience in the fields of Adolescent Medicine, Family Medicine, Gastroenterology, Health Journalism, Integrative Medicine, Internal Medicine, Movement Therapy, Neuroscience, Orthopedic Spine Surgery, Pain Medicine, Physiotherapy, Psychiatry, Psychoanalysis, Psychology, Psychotherapy, and Sports Medicine. From this wide range of backgrounds, the authors reached consensus on a core set of practices that were a revelation for them and their patients. These concepts are practical and can readily be implemented by any healthcare professional. In addition to the editors, chapter authors include James Alexander PhD, Mariclare Dasigenis LCSW, David Hanscom MD, Ian Kleckner PhD MPH, Mark Lumley PhD, Daniel Lyman LCSW MPA, Meghan Maguire, Georgie Oldfield MCSP, David Schechter MD, Eric Sherman PsyD, John Stracks MD, and Joel Town DClInPsy.

The Great Pain Deception takes us on a compelling expedition into the late Dr. John Sarno's seminal work on TMS, The Mindbody Syndrome. Dr. Sarno has stated that Steve Ozanich "humanized my work." It has been successful in helping many thousands of people to heal from various health disorders, including chronic pain and disease. Describing in detail, Steve walks us through his life of chronic pain to freedom after his discovering of TMS. He then delves deeper into the causes and effects of both pain and disease, synthesizing a new paradigm in understanding our health and healing. TMS is the missing link that has been steadfastly searched for in healing. However, it remains controversial just as all new truths that come to be. Healing from most chronic pain and many other health disorders does not require surgery, drugs, or any medical modality, only a deeper understanding. The Great Pain Deception researches the psychology behind suffering, including memetics, social contagion, placebos, and why the medical industry, along with some sufferers, reject the healing solutions. The medical industry by-and-large "treats symptoms," which is a failed model in healing. We currently possess the most advanced techniques for healing back pain in the history of humankind, yet back pain has risen to become the #1 cause of disability in the world. The back pain problem has

gotten worse, not better, because the industry has focused on treating pain and not on its cause. True healing occurs when the cause of pain and disease is dissolved, not by treating the structure and symptoms of the physical body. Eliminate the cause and you eliminate the suffering. The successes of The Great Pain Deception and TMS are growing and can be found online and on YouTube and inside its many pages. Success is measured in the healings themselves. This book describes the deeper understanding necessary to be well again, and more.

Using Acceptance and Commitment Therapy to Ease Chronic Pain

Unlearn Your Pain

How to Stop Pain from Controlling Your Life

A Proven Prescription for Health and Happiness

Unlearn Your Pain, Third Edition

How to Retrain Your Nervous System, Heal Your Body, and Overcome Chronic Pain

The Pain Companion

We've been sold a lie: The world tells us that pain is inevitable, that our bodies must break down as we age, and that there's nothing we can do about it. Researchers develop new drugs to manage our pain; surgeons dream up new techniques to repair worn-out joints. But we never truly feel better. Here's the shocking truth: The vast majority of the pain that plagues our aging bodies is self-inflicted. It's caused by the way we use our bodies every day: the way we sit, the way we stand, the way we walk and run, even the way you open a jar of pasta sauce. But with simple exercises, anybody can learn to heal their chronic musculoskeletal pain, and prevent future pain, injury, and joint problems from developing. The Pain Relief Secret explores the fascinating science of pain, and instructs readers in Clinical Somatics, a method of neuromuscular education that relieves chronic muscle tightness, restores natural posture and movement, and eliminates pain. Students of Clinical Somatics have healed from chronic back pain, joint and nerve pain, scoliosis, and many other common pain conditions. Best of all, Clinical Somatics puts the power in your hands. You don't need special training or expensive repeat visits to a physical therapist. Clinical Somatics exercises are practiced on your own and in your very own home. This is The Pain Relief Secret: your key to taking back your body from a lifetime of pain. This book is great for anyone who has tried surgery, drugs, chiropractic treatments, naturopathy, yoga, physiotherapy, or massage therapy and still experiences chronic pain.

The bestselling author and internationally celebrated physician and expert on nutrition offers an appealing, approachable health solution—eat the foods you love to lose weight and get healthy. For years, we've been told that a healthy diet is heavy on meat, poultry, and fish, and avoids carbohydrates, particularly foods high in starch—empty calories harmful to our bodies. But what if everything we've heard was backwards? High in calories and cholesterol, animal fats and proteins too often leave you hungry and lead to overeating and weight gain. They are often the root causes of a host of avoidable health problems—from indigestion, ulcers, and constipation to obesity, diabetes, heart disease, and cancer. On the other hand, complex carbohydrates like whole grains, legumes, tubers, and other starches provide your body with essential proteins and nutrients that satisfy the appetite while simultaneously fighting illness. But Americans eat far too few calories from carbohydrates—only about forty percent, according to Dr. John McDougall, internationally renowned expert on nutrition and health, featured on the documentary Forks Over Knives. The Healthiest Diet on the Planet helps us reclaim our health by enjoying nutritious starches, vegetables, and fruits. McDougall takes on the propaganda machines pushing dangerous, high-fat fad diets and cuts through the smoke and mirrors of the diet industry. He offers a clear, proven guide to what we should and shouldn't eat to prevent disease, slow the aging process, improve our physical fitness, be kind to the environment, and be our most attractive selves. Featuring two dozen color photos and mouth-watering, easy-to-follow recipes for buckwheat pancakes, breakfast tortillas, baked potato skins, rainbow risotto, red lentil soup, green enchiladas, dairy-free lasagna and pizza, and more, The Healthiest Diet on the Planet will help you look great, feel better, and forever change the way you think about health and nutrition.

Life has been a series of newspaper stories to a boy who pretended to be a journalist and grew up to be an actual reporter, editor, and book author. His seventy-year journey is condensed into the confines of fanciful and outrageous daily exclusives. This whimsical memoir lampoons conventional wisdom with parody, pathos, and some surprising gut punches.

Throughout the scriptures, we have discovered some outstanding characters who remain symbols of excellence till date. The characters attained great feats and broke new ground after experiencing a life changing encounter with God. The author, with the pen of a ready-writer skilfully draws powerful principles from their experiences. These principles are laid bare for the modern day Christian to apply in their personal walk with God. This book will help you experience the divine presence which will move your life forward. You would receive spiritual vision. The way of divine encounter will take you to a realm where demons will see you and tremble and evil powers will be frightened stiff when they discover the transforming power of an encounter with God. The book will flag off a new passion for God in your life.

Unlearn Your Pain, 4th Edition

The Pain Management Workbook

Essays and Memories of Detroit's Historic Ballpark, 1912-2009

The Mindbody Prescription

Appointment with Doctor Death

Healing the Body, Healing the Pain

Unlearn Your Anxiety and Depression

Chronic pain has a multitude of causes, many of which are not well understood or effectively treated by medical therapies. Individuals with chronic pain often report that pain interferes with their ability to engage in occupational, social, or recreational activities.

Sufferers' inability to engage in these everyday activities may contribute to increased isolation, negative mood and physical deconditioning, which in turn can contribute to their experience of pain. Cognitive-behavioral therapy (CBT) has been proven effective at managing various chronic pain conditions, including rheumatoid arthritis, osteoarthritis, chronic back pain, and tension/migraine headache. The CBT treatment engages patients in an active coping process aimed at changing maladaptive thoughts and behaviors that can serve to maintain and exacerbate the experience of chronic pain. Overcoming Chronic Pain, Therapist Guide instills all of these empirically validated treatments into one comprehensive, convenient volume that no clinician can do without. By presenting the basic, proven-effective CBT methods used in each treatment, such as stress management, sleep hygiene, relaxation therapy and cognitive restructuring, this guide can be used to treat all chronic pain conditions with success. Treatments That Work™ represents the gold standard of behavioral healthcare interventions! DT All programs have been rigorously tested in clinical trials and are backed by years of research DT A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date DT Our books are reliable and effective and make it easy for you to provide your clients with the best care available DT Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated DT A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources DT Continuing Education (CE) Credits are now

available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

Our national attention is firmly focused on the growing opioid crises. We know the problem. But what is the solution for the 100 million Americans living with chronic pain? In *Living beyond Pain*, a physician and a therapist offer a whole person approach to pain management, addressing the physical, mental, and spiritual aspects of pain and providing alternative strategies that don't rely on opioids. Through education, pain triumph stories, daily guided cognitive activity, and as-needed pain rescue techniques, readers will reprogram their neurologic pathways, increase functioning, and experience improvement in their symptoms. For anyone suffering from pain or suffering alongside someone who is, this book offers real, research-based hope that there are better days ahead.

Based on scientific research, this groundbreaking study from the frontiers of psychology and medicine offers startling new insight into the healing powers and medical benefits of forgiveness. Through vivid examples (including his work with victims from both sides of Northern Ireland 's civil war), Dr. Fred Luskin offers a proven nine-step forgiveness method that makes it possible to move beyond being a victim to a life of improved health and contentment.

"The twelve stages of healing offers fascinating insights into the complex relationship between mind, emotions, and body, and show how to promote greater health in our bodies, and harmony in our relationships..."--Back cover.

Summary of Howard Schubiner & Michael Betzold's *Unlearn Your Pain*

Embrace Your Truth. Create Your Life.

Biblical Principles of Dream Interpretation

Managing Chronic Pain

A Network Approach to Wholeness

Area Man Flunks Whogas Test

Tiger Stadium

Think Away Your Pain presents a revolutionary approach to relieve suffering and eliminate chronic pain. In this user-friendly clearly written book, you will learn how chronic pain becomes a condition of the brain as much as the body. *Think Away Your Pain* shows you how to use the immense power of your thoughts and beliefs to literally change the neural circuitry of your brain.

This breakthrough book presents a disarmingly simple idea: The way we pay attention in daily life can play a critical role in our health and well-being. According to Dr. Les Fehmi, a clinical psychologist and researcher, many of us have become stuck in "narrow-focus attention": a tense, constricted, survival mode of attention that holds us in a state of chronic stress—and which lies at the root of common ailments including anxiety, depression, ADD, stress-related migraines, and more. To improve these conditions, Dr. Fehmi explains that we must learn to return to a relaxed, diffuse, and creative form of attention, which he calls "Open Focus." This highly readable and empowering book offers straightforward explanations and simple exercises on how to shift into a more calm, open style of attention that reduces stress, improves health, and enhances performance. The *Open-Focus Brain* features eight essential attention exercises for improving health. Dr. Fehmi writes, "Everyone has the ability to heal their nervous systems, to dissolve their pain, to slow down and yet accomplish more, to experience the deeper side of life—in short, to change their lives for the better dramatically." At last readers can learn the techniques that Dr. Fehmi has offered to thousands of clients—the same drug-free, safe, and effective techniques that have led to remarkable and long-lasting results. The *Open-Focus Brain* offers readers a revolutionary, drug-free way to:

- alleviate depression, anxiety, and ADD
- reduce stress-related chronic pain
- optimize mental and physical performance

The eBook includes a downloadable audio program that provides further guidance on:

- essential attention exercises from the book, led by Dr. Fehmi
- how to "train the brain" to reduce stress, anxiety, chronic pain, and more
- safe and effective techniques used in Dr. Fehmi's clinic for decades

There is a cure for chronic pain. If you suffer from pain or conditions which serve to limit your life and cultivate your fear, read this book and become awakened to a new world of possibilities. The tools to heal yourself are here, and they are real and enduring. It is within your power to reclaim the aspects of your life which you have long relinquished due to illness and pain. Nicole J. Sachs, LCSW bravely and with raw emotion, partners with readers to heal their pain and change their lives. As she reminds us throughout with kindness and compassion, "Let go of the giving up. The life you save is your own."

Harnessing the Power of Attention to Heal Mind and Body

A Holistic Approach to Manage Pain and Get Your Life Back

Wounds Into Wisdom

The Mindbody Workbook

A 28-Day Process to Reprogram Your Brain

Pathways to Pain Relief

The Healthiest Diet on the Planet