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How to Liberate Yourself from Pain: Practical Help for Sufferers

By Grahame Brown, Denise Winn

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...



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An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It's been written in an exceptionally basic way and it is only right after I finished reading this ebook in which in fact modified me, affect the way I really believe.

-- Beverly Hoppe

Extremely helpful for all class of individuals. Better than never, though I am quite late in start reading this one. I realized this publication from my I and dad suggested this ebook to discover.

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