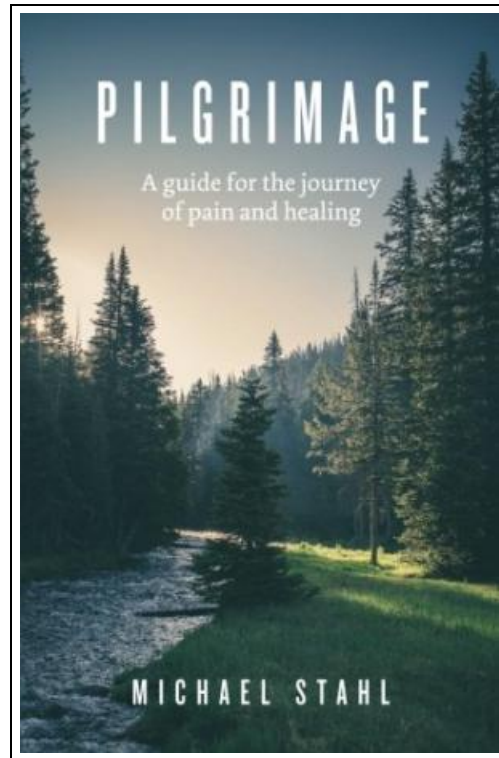


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Reviews

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PILGRIMAGE: A GUIDE FOR THE JOURNEY OF PAIN AND HEALING (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Pilgrimage meets a deep need for individuals seeking to understand pain and regain control of their healing process. By distilling theoretical knowledge and applied experience, Michael Stahl presents an accessible framework that will help individuals navigate their own journey of pain, healing and recovery. Using the framework presented in this book can help individuals: - deepen their understanding of pain and its role in the healing process - improve their body-awareness - develop self-care tools to help engage with their pain and facilitate their own healing - create the opportunity for deep healing and transformative growth. Editorial Reviews and Praise for Pilgrimage For the millions suffering from chronic pain, the search for effective treatment options seems like a minefield. There are so many different opinions, so many different types of providers, so many quick-fix promises .and yet it all still ends up confusing, inaccessible, or out-of-reach for all involved. Frustrated patients and providers desperately need a framework to understand and navigate this complex experience of healing from both sides. I am a board-certified anesthesiologist and pain physician, having trained and worked at some of the most reputable institutions in the country; I have gotten additional certification in acupuncture and yoga; I have lectured to providers and listened to patients both here and abroad; I have started holistic retreats and non-profit organizations to better advocate for integrate pain management. Yet Pilgrimage is the first book I ve read that truly captures both the essence AND practicality of what it really takes for true healing. Michael Stahl combines neuroscience and common sense, anecdote and reference, theory and practice, for provider and patient. He takes his personal and professional background with chronic pain...

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