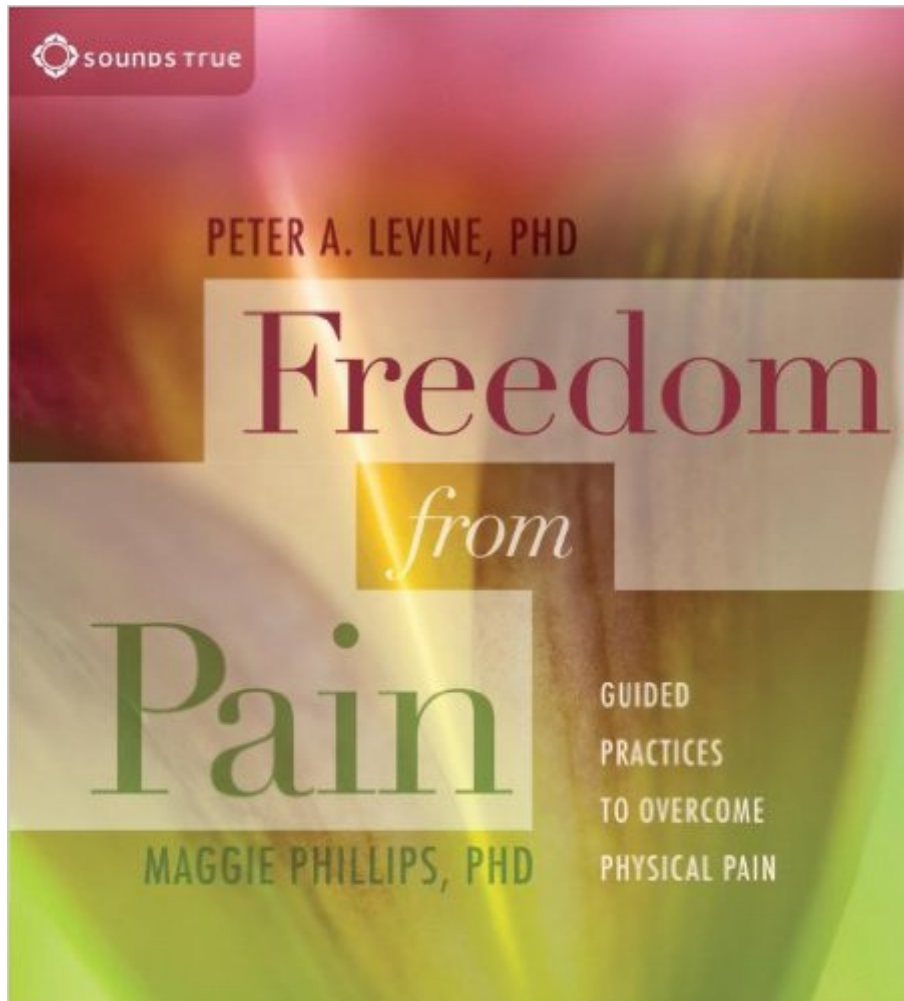


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# Freedom From Pain: Guided Practices To Overcome Physical Pain



## Synopsis

Healing Physical and Emotional Trauma, A Key to Long-Term Pain Relief For those suffering chronic pain—even after years of surgery, rehabilitation and medication—only one question matters: How do I find lasting relief? With *Freedom from Pain*, two pioneers in the field address a crucial missing factor essential to long-term recovery—healing the unresolved emotional trauma held within the body. The path out of pain is unique for each one of us, explain Peter Levine and Maggie Phillips. It's a labyrinth shaped by physical injury, genetics, learned responses, and—crucially—prior traumatic events and suppressed emotions. When all of these elements are successfully addressed, true recovery becomes possible. This program will help you to initiate that shift. Informed by their founding work in the Somatic Experiencing® process and unique insights gleaned from decades of clinical success, Drs. Levine and Phillips will show you how to: Calm the body's over-reactive "fight" response to pain Release the fear, frustration, and depression intensified by prior traumas Build inner resilience and self-regulation Relieve pain caused by the aftermath of injuries, surgical procedures, joint and muscle conditions, migraines, and more Whether you're seeking to begin a self-care strategy or amplify your current treatment program, *Freedom from Pain* will provide you with proven tools to help you experience long-term relief. Course objectives: Discuss how to release the fear, frustration, and depression intensified by prior traumas, thereby lessening pain in the body. Apply the founding work of the Somatic Experiencing process to relieve pain caused by the aftermath of injuries, surgical procedures, joint and muscle conditions, migraines, and more. Practice exercises that build inner resilience and self-regulation supporting recovery from pain syndromes. Utilize exercises to calm the body's over-reactive fight response to pain and other proven tools to help you experience long-term relief.

## Book Information

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## Customer Reviews

As a somatically-oriented psychologist I am always on the look-out for new resources to support my clients' recovery. Dr. Levine and Dr. Phillips have provided in this new CD a compilation of outstanding exercises which empower clients in their efforts to address their pain issues, either on their own or in combination with other therapeutic approaches. Each of the exercises offers a somewhat different strategy or builds on a unique capacity which helps with pain management, such as focused attention, body awareness, mindfulness, attending to positive sensation, among many others. Clients can then select and practice the kinds of exercises which address their specific pain problems and which work best for them. Drs. Levine and Phillips intersperse the presentation of exercises with educational material which builds clients' understanding of the causes for and influences on pain and offer explanatory information for how the various exercises work to help alleviate painful sensations. I am grateful to have such a helpful resource to offer clients suffering from chronic pain issues. The level of success clients are reporting from using the CD is impressive and along with this I have seen a return of hopefulness and self-efficacy as clients grow in their own capacity to create more positive states. Their lives can begin to return to more normalcy as they are less limited by the experience of pain. A must-have for anyone dealing with pain or for clinicians working with chronic pain in their practices.

I am a Somatic Experiencing Practitioner and bodyworker. I bought a copy of this at Whole Foods thinking that it would be nice to have it in the future for my clients who deal with pain. Within one day, I gave it to a friend who has been dealing with long time pain in her back from arthritis. She called me that night and was amazed at the difference just one exercise had made for her. I bought two more copies just to have them on hand and they are both already gone! I highly recommend this resource for anyone who is dealing with pain issues. The authors are top of the line experts. This is something that is really needed by the world. Thank you Peter Levine and Maggie Phillips for this great resource. I am looking forward to receiving the paperback coming out in May. PS: I got my copies of the new paperback book early. It is great! Especially good for people who prefer reading to listening to CDs. It is a wonderful compilation of both authors experience and knowledge. My recommendation for the book is just as high as for the CD set. They have non-judgemental and gentle ways of dealing with different types of pain. I am not dealing with a lot of pain myself, but I did

one of the exercises when I was dealing with a very stressful situation and it grounded and calmed me right down. I'm giving one of the books to my sister who has diabetic neuropathy in her feet and hands. They have specific ideas for specific types of pain. If you are in pain and haven't been able to find anything to help, this may just be what you are looking for. There are so many ideas, that you are likely to find something that will work for you.

I get tired of reading reviews in which people say, essentially, "This book cured my chronic pain!" No book has done that for me. But in general, I found the information in this book helpful and the CD even more so because it contains exercises. I have tried umpteen different types of meditations, exercises, creative visualization, etc. for chronic pain. Most have not helped much. The circle breathing exercise has been the best by far, which makes me laugh after having read the person's review about not being able to breathe down your legs and out your feet (understandable if you are not familiar with this sort of thing--I still feel the same about the meditations that tell me to "make friends with [my] pain"). Besides the circle breathing, the "voo breathing" was the most useful. Those two exercises alone made this book and CD well worth "the price of admission." Those might not be the ones that work for you, but maybe you might also find a helpful exercise or information that makes a difference.

This is an impressive and useful book for a few important reasons. It makes a connection between having experienced repeated childhood and later traumas to our current and ongoing pain problems. It offers several effective ways to handle and lessen the pain. And it helps us connect our current pain problem to our past traumas and work to heal from our several other trauma effects. Finally it helps us make meaning from our whole painful experience. Recommended for health care professionals and recovering people. Charles L. Whitfield, MD, Atlanta, GA

FREEDOM FROM PAIN: GUIDED PRACTICES TO OVERCOME PHYSICAL PAIN (Sounds True), written and read by Peter A. Levine and Maggie Phillips, is a book on CD that asks and answers the question: How do I find lasting relief? The authors, pioneers in the field, do so by addressing something that's crucial to long-term recovery; i.e., the need to heal unresolved trauma within the body. They realize that everybody is unique and that no one approach can work for all listeners. Consequently, they present some 17 different practices that can be tried, including such things as exploring pain triggers, circular breathing, grounding and one my favorite, mindfulness-based pain relief. I also liked how FREEDOM FROM PAIN dealt with the theory behind pain. Reading it gave me

a greater understanding of the fact that pain is unavoidable; suffering is optional. The narration by Levine and Phillips was OK. However, here is one instance that professional narration would have even made the book more valuable.

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Freedom from Pain: Guided Practices to Overcome Physical Pain  
Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain  
Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)  
Overcome Any Fear, Feel Confident, Strong, Overcome Shyness)  
Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital  
Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief  
Personality-Guided Forensic Psychology (Personality-Guided Psychology)  
Gambling Addiction: The Ultimate Guide To Gambling  
Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker)  
Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset)  
Marriage: How To Rescue Your Marriage: Proven Advice To Help Overcome Conflicts And Save Your Marriage Forever (Marriage Help, Marriage Advice, Overcome Conflicts, Marriage Book)  
Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving)  
Grief: Overcome The Loss of A Friend or Family Member - Death, Bereavement, Family Loss & Depression (Mourning, Pain Relief, Loss, Emotional Pain, Funeral, Sympathy, Hospice Care Book 1)  
Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury)  
Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)  
Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1)  
The Fear and Anxiety Solution: Guided Practices for Healing and Empowerment with Your Subconscious Mind  
Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series)  
Living Pain-Free: Natural and Spiritual Solutions to Eliminate Physical Pain  
Voices of Freedom: A Documentary History (Fourth Edition) (Vol. 1) (Voices of Freedom (WW Norton))  
The Global Sexual Revolution: Destruction of Freedom in the Name of Freedom  
Atlas of Image-Guided Intervention in Regional Anesthesia and Pain Medicine

