



# **You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program**

*Vidyamala Burch, Danny Penman*

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Developed by two authors, Vidyamala Burch and Danny Penman who themselves have struggled with severe pain after sustaining serious injuries, *You Are Not Your Pain* reveals a simple eight-week program of mindfulness-based practices that will melt away your suffering. Accompanied by a CD to guide you, the eight meditations in this book take just ten to twenty minutes per day and have been shown to be as effective as prescription painkillers to soothe some of the most common causes of pain. These mindfulness-based practices soothe the brain's pain networks, while also significantly reducing the anxiety, stress, exhaustion, irritability, and depression that often accompanies chronic pain and illness.

Whether you experience back pain, arthritis, or migraines, are suffering from fibromyalgia, celiac disease, or undergoing chemotherapy, you will quickly learn to manage your pain and live life fully once again.

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People live in this new moment of lifestyle always try and must have the time or they will get lots of stress from both daily life and work. So , when we ask do people have free time, we will say absolutely sure. People is human not only a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to an individual of course your answer will unlimited right. Then do you ever try this one, reading guides. It can be your alternative in spending your spare time, typically the book you have read is actually *You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program*.

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