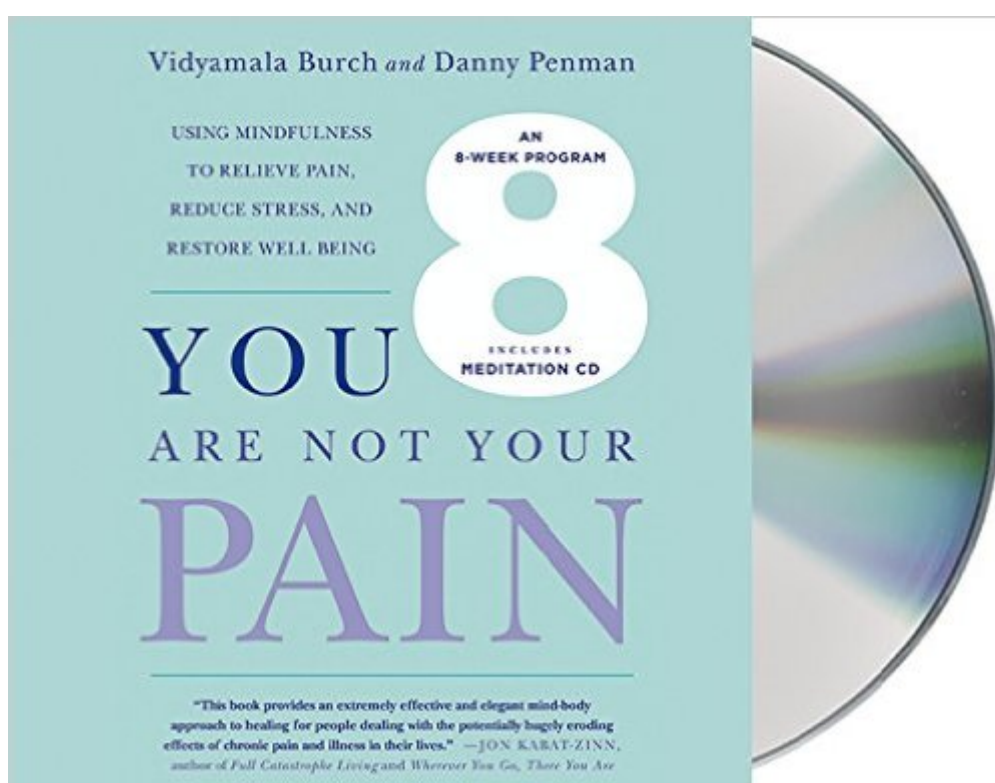


The book was found

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



## Synopsis

Pain, suffering, and stress can be intolerable, but it doesn't have to be this way. **YOU ARE NOT YOUR PAIN** reveals a simple set of mindfulness-based practices that you can incorporate into your daily life to relieve chronic pain and the suffering and stress of illness. Clinical trials show that mindfulness meditation can be as effective as prescription painkillers and can enhance the body's natural healing systems, while also significantly reducing anxiety, depression, irritability, exhaustion, and insomnia—all symptoms that can arise from chronic pain and illness. Developed by two authors who themselves have struggled with severe pain due to serious injuries, this accessible book reveals the eight-week program that will quickly melt away your suffering and help you cope with your pain. Taking up just 10-20 minutes per day, this is a simple yet effective way to soothe some of the common causes of pain like back problems, arthritis, migraine, and diabetes, but can also be effective for people undergoing chemotherapy, people with heart disease, fibromyalgia, celiac disease, and much more. Accompanied by a CD with 8 meditations, listeners will be able to identify and focus on secondary suffering which is brought about when the mind becomes fixated on the anxiety of pain, and begins to anticipate it, thereby making suffering worse. Using the meditations and techniques within the book, readers will learn to breathe in to their pain and dissolve suffering by soothing the brain's pain networks and leaving you able to live life fully again.

## Book Information

Audio CD

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (42 customer reviews)

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[Meditation](#) #253 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#)

## Customer Reviews

My review title says it all. It's well organised and written, with 85% of the content on how to practise mindful meditation. Therefore, your liking of it depends much on your acceptance of its core concept

which I had copied below for your consideration. Hope that can help. Suffering occurs on two levels. First, there are the actual unpleasant sensations felt in the body - this is known as primary suffering. This can be seen as the "raw data" that is sent to the brain from, say, an injury, an ongoing illness, or changes to the nervous system itself. Overlaid on this is secondary suffering, which is made up of all the thoughts, feelings, emotions, and memories associated with the pain. These might include anxiety, stress, worry, depression, and feelings of hopelessness and exhaustion. The pain and stress that you actually feel is a fusion of both primary and secondary suffering. pg15 How often has the intensity of your suffering increased when you felt anxious, stressed, exhausted, or sad? These emotions act like amplifiers in the mind's pain circuits. They can open the floodgates of suffering. pg18 Reducing anxiety, stress, depression and exhaustion can lower the perception of pain and even eliminate it completely. This is one of the main routes by which mindfulness helps reduce suffering. Mindfulness soothes the mind's perception of pain - essentially secondary suffering - by replacing it with a sense of peace and wholeness. pg19 Neuroscientists have a saying: "What we resist persists." In other words, if you resist the messages that your mind and body are sending you, those messages will keep on being dispatched (and felt) until you accept them.

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