



# **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 audio 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.

Note: Audio meditations are embedded within the ebook. If your device cannot play the audio, you will be redirected to the same content online

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The book *You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program* gives you the sense of being enjoy for your spare time. You need to use to make your capable more increase. Book can for being your best friend when you getting tension or having big problem along with your subject. If you can make reading through a book *You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program* to become your habit, you can get far more advantages, like add your own capable, increase your knowledge about many or all subjects. You can know everything if you like open up and read a book *You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program*. Kinds of book are several. It means that, science guide or encyclopedia or some others. So , how do you think about this reserve?

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