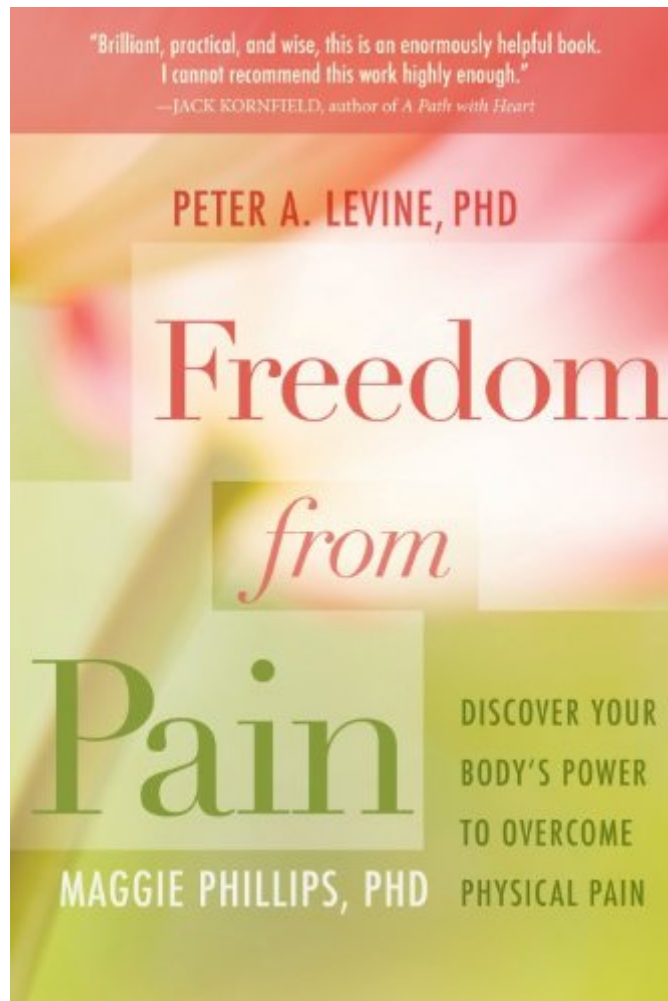


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# Freedom From Pain: Discover Your Body's Power To Overcome Physical Pain



## Synopsis

If you are 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 of pain and trauma recovery address a crucial missing factor essential to long-term healing: addressing the unresolved emotional trauma held within the body. 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 overreactive "fight" response to pain; Release the fear, frustration, and depression intensified by prior traumas, and build inner resilience and self-regulation; Relieve pain caused by the aftermath of injuries, surgical procedures, joint and muscle conditions, migraines, and other challenges. 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.

## 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  
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Gratitude: Discover How To Gain Emotional Freedom Through The Power Of Gratitude (Gratitude and Happiness, Healing Power of Gratitude, Gratitude Daily, Gratefulness and Thankfulness)  
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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)  
Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight

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