



Freedom from Pain: Guided Practices to Overcome Physical Pain

By Peter A. Levine, Maggie Phillips

SOUNDS TRUE INC, United States, 2012. CD-Audio. Condition: New. Abridged edition. Language: English . Brand New. 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(r) process and unique insights gleaned from decades of clinical success, Drs. Levine and Philips will show you how to: Calm the body s over-reactive fight response to painRelease the fear, frustration, and depression intensified by prior traumasBuild inner resilience and self-regulationRelieve pain caused by the aftermath of injuries, surgical procedures, joint and muscle conditions, migraines, and more...



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