



The Little Pain Relief Meditation

By -

Paradise Music Media, United States, 2013. CD-Audio. Condition: New. Language: English . Brand New. Pain is a long-standing problem of epidemic proportions around the world. For example, eighty-three million people in America are living with pain that affects their participation in daily activities, according to a 2010 report from the Alternative Medicine Foundation. Now, from an internationally acclaimed author comes this meditation album to help you ease your pain. Guided by experienced meditation teacher and healer Philip Permutt, here are six individual meditation journeys designed to help you find relief from injury or chronic long-term pain. Included is calming and relaxing music by award-winning composer Llewellyn.



Reviews

A must buy book if you need to adding benefit. It can be rally intriguing throgh reading time period. I am easily could get a pleasure of looking at a composed book.

-- Dr. Julius Goodwin DDS

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-- Kian Harber

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