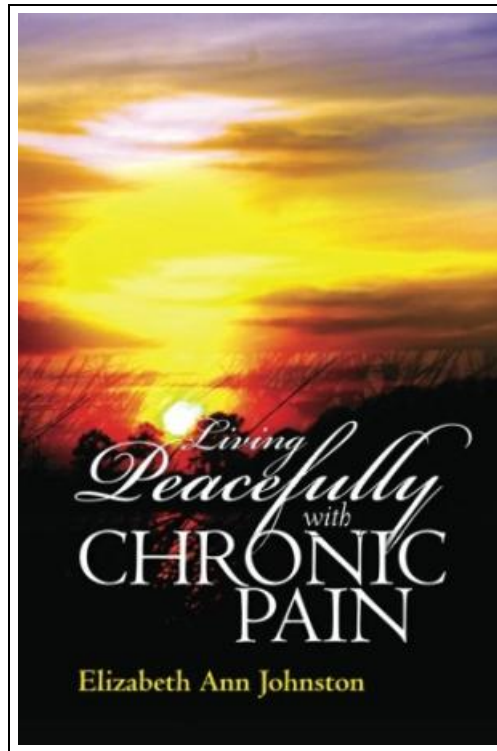


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E. Ann Johnston, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you suffering with chronic pain? Are you sick and tired of feeling tired and in pain all of the time? Would you just like to know how to get a break.have some peace in your life and get rid of your every day struggles? If the answer is yes to any of these questions, then this book is for you. It is a practical, down to earth guide on finding peace in the midst of your pain and putting an end to your struggles. Elizabeth Ann Johnston is a former nurse whose journey with chronic pain began while lifting a patient at work one day. Four spinal surgeries have left her totally disabled. She has battled chronic pain for over eighteen years with additional diagnoses of fibromyalgia and advanced arthritis in both knees. Her goal has been learning to not only make peace with her situation, but to live with as few medications as possible. She has never had a pain pump or any other outside device to help her with the pain. She has spent years researching alternative/holistic medicine, determining what really works and what is simply snake oil. She wants to spend the rest of her life teaching people to help themselves and use the power within them to live in peace.



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