



## Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain (Mixed media product)

By Peter Levine, Maggie Phillips

SOUNDS TRUE INC, United States, 2012. Mixed media product. Condition: New. Language: English. Brand new Book. 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(R) 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.

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