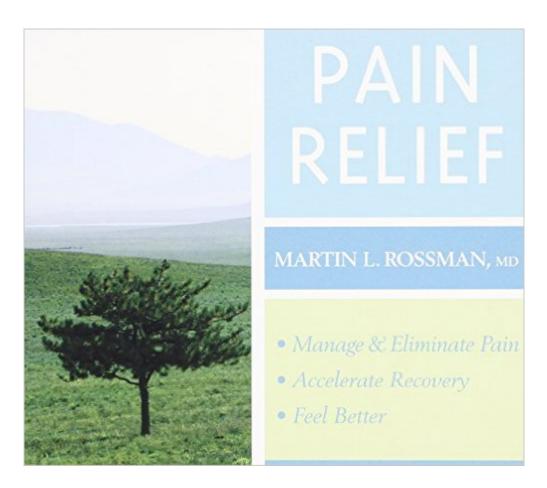
The book was found

Pain Relief: Manage And Eliminate Pain, Accelerate Recovery, And Feel Better





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Synopsis

Medical research shows that guided imagery can significantly reduce or relieve physical pain. With sessions such as ¿Your Healing Place,¿ ¿Dialogue with Pain,¿ and ¿Endorphin Drip Imagery,¿ listeners will learn to relax tight and sore muscles, enhance blood flow to injured areas, and promote pain-relieving responses from the brain.

Book Information

Audio CD Publisher: Sounds True; 1 edition (April 28, 2010) Language: English ISBN-10: 1591797772 ISBN-13: 978-1591797777 Product Dimensions: 5 x 5.5 x 0.3 inches Shipping Weight: 1.6 ounces Average Customer Review: 4.5 out of 5 stars Â See all reviews (2 customer reviews) Best Sellers Rank: #944,688 in Books (See Top 100 in Books) #114 in Books > Books on CD > Health, Mind & Body > Fitness #490 in Books > Books on CD > Health, Mind & Body > General #952 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

Customer Reviews

You may be one of those folks who've had pain so long that you might think "nothing will make me feel better." That's where I was when I saw this CD listed on .But I figured why not try it and see what happens. I did , and I am so glad! I began to listen to it once in the early morning, and right as I was falling asleep at night. I even let it play if I fell asleep--the subconscious in fact is more open to new ideas/suggestions.I did this for 2 weeks, and I noticed when I woke up, I felt better all over, but especially in the lower back!!Now, I listen to it couple times a week, and it seems to have a last affect!! just ordered and mailed one to a friend with lower back, sciatic nerve pain.

This is my second cd of guided imagery by Dr. Rossman. Used together with my physical therapy exercises, they have helped me to relax my lower back, reduce the pain and get better sleep.

Pain Relief: Manage and Eliminate Pain, Accelerate Recovery, and Feel Better Eat Better, Live Better, Feel Better: Alkalize Your Life...One Delicious Recipe at a Time Anatomy of Drumming:

Move Better, Feel Better, Play Better The 10-Day Skin Brushing Detox: The Easy, Natural Plan to Look Great, Feel Amazing, & Eliminate Cellulite Celebrate Recovery Revised Edition Participant's Guide Set: A Program for Implementing a Christ-centered Recovery Ministry in Your Church The Life Recovery Devotional: Thirty Meditations from Scripture for Each Step in Recovery Agile Product Management and Product Owner Box Set: 27 Tips to Manage Your Product, Product Backlog and 21 Tips to Capture and Manage Requirements with Scrum Agile Product Management: Product Owner (Box set) : 27 Tips To Manage Your Product, Product Backlog: 21 Tips To Capture and Manage Requirements with Scrum ... development, agile software development) Anxiety Relief: -Relax the Body- Calm the Mind- Manage Fear and Worry- Cultivate Positive Energy Weight Loss for People Who Feel Too Much: A 4-Step, 8-Week Plan to Finally Lose the Weight, Manage Emotional Eating, and Find Your Fabulous Self Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring) Book, Anti Stress Coloring Book) (Volume 1) Foods that Fight Fibromyalgia: Nutrient-Packed Meals That Increase Energy, Ease Pain, and Move You Towards Recovery Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life The Pain Relief Breakthrough: The Power of Magnets to Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, and More The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief Hypnosis In The Relief Of Pain Mindfulness Meditation for Pain Relief Creation: A Touch and Feel Book (Touch and Feel Books (Lion Hudson)) Baby Touch and Feel: Colors and Shapes (Baby Touch & Feel) Touch and Feel ABC (Scholastic Early Learners) (Scholastic Early Learners - Touch and Feel)

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