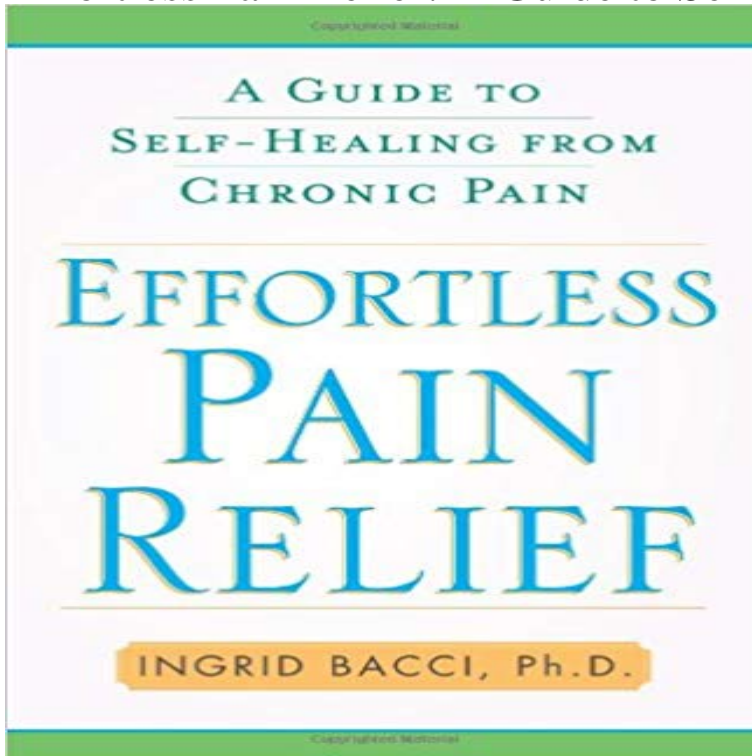


# Effortless Pain Relief: A Guide to Self-Healing from Chronic Pain



Contrary to popular belief, the most frequent causes of neuromuscular, joint, or skeletal pain can be traced to your lifestyle: unconscious habits that involve the way you breathe, stand, and move and the way you store physical and emotional stress in your tissues. Given this fact, if you suffer from chronic pain, or treat people suffering from chronic pain, you may need to consider replacing expensive, often inefficient pain treatment with self-help methods for reversing the way physical, mental, and emotional stresses affect your muscles, joints, and bones. Effortless Pain Relief presents a unique mind-body program for overcoming chronic pain, developed by acclaimed alternative health-care practitioner Dr. Ingrid Bacci. In Effortless Pain Relief, you'll find a simple explanation of how stress creates chronic pain, along with clear, simple, and powerful self-help techniques for reducing and even eliminating pain. The guiding principle in this program for self-healing from chronic pain is to develop greater awareness of your body and sensitivity to it. You can change your lifestyle habits -- and eliminate your pain -- by adopting body awareness techniques that eliminate tension. Chapter by chapter, Effortless Pain Relief shows you how to release deep physical, mental, and emotional stresses through simple breathing techniques, to reduce consciously the effort and tension in your muscles, and to master and eliminate stressful emotions like fear and anger by learning to control the physical tensions that these feelings create. Dr. Bacci also guides you in a process that will allow you to let go of mental and emotional attitudes that unconsciously create stress and physical pain. She shows you how to release emotional conflicts that contribute to pain and teaches you how to conquer the fear of physical pain -- which can actually trigger pain. Dr. Bacci cites numerous case studies from the thousands of patients she

has helped during the past fifteen years. She also tells the extraordinary story of her own complete recovery from three years of being bedridden and crippled from a severe case of the chronic pain syndrome fibromyalgia. The curative techniques through which she healed herself, and with which she has helped her thousands of clients achieve freedom from pain, are now available for everyone in Effortless Pain Relief. Dr. Bacci's groundbreaking, accessible program offers deceptively simple yet profoundly effective ways to leave pain behind, enhance your vitality, and find an effortless route to a pain-free life.

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