



Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain

Peter A. Levine , Maggie Phillips

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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. "Brilliant, practical, and wise, this is an enormously helpful book. I cannot recommend this work highly enough."—Jack Kornfield, author of *A Path with Heart* "This book is for everyone who wants freedom from pain. I have read dozens of books on pain relief and the power of the mind for healing, and this is clearly the best to date."—Steven Gurgevich, PhD, assistant clinical professor of medicine, Arizona Center for Integrative Medicine

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From Reader Review Freedom from Pain: Discover Your Body's Power to Overcome Physical Pain for online ebook

K, Nz says

A valuable read that validated my sense of what the source of the pain I've been experiencing was. The techniques look useful, and it's a vital perspective to have on pain and body consciousness and intelligence.

Crystal says

Guided you through vitalizations and breathing exercises to learn how to deal with you pain, and understand how you feel it and when it's triggered.

Cyndi says

Good exercises and visualizations. mindfulness-based, sensorimotor & trauma wise methods. Includes cd.

Laura Siegel says

This book is accompanied by a CD of short meditations that are alone worth the read. They help you go back and forth between parts of your body that are in pain and not in pain, somehow reducing the pain cycle. I found them most helpful.

Waseem says

Nothing ground breaking - some good ideas and use of mental imagery - think one versed in meditation and self hypnosis can do a great deal with these ideas and far more by studying them fields vs the decent vaguely covered ideas here in my opinion

Waseem Mirza

<http://www.WaseemMirza.net>

Fusun Dulger charles says

Excellent book on advice how to cope with pain and Chronic Deseases both for the sufferers and for the caretaker. It has serious leaning on Buddhist Philosophy but would help anyone whether Buddhist or not. I am keeping it by my bedside to re-read when I am in pain.

Strongly recommended.

Deidre says

good ideas, not the most compelling presentation of them.

Barbara (The Bibliophage) says

This is a mix of science, psychology and mindfulness that seems very compassionate and wise. I haven't put everything into place that they recommend, but it's easy to follow and I look forward to trying. I especially found some of the information about anger and pain to be illuminating.

Donna Hoffner says

I loved the information on breathing and exercise. The emotional trauma chapters were interesting but didn't pertain to my situation per se. I did learn a lot about healing and not living in chronic pain.

Allen Herring says

A quick read. Some interesting tips on how to sit with pain, how to meditate and so forth.

Cathy Hasty says

So far I am impressed with this book; I have read others by Levine and followed his work with trauma. The CD seems to be a good resource.

LemontreeLime says

Read this on a whim, the audio is only about 2 hours. Was really struck with the author's discussion of how traumatic events can exacerbate pain and thwart pain management. I may have to read Levine's book on pain and trauma now, it sounds fascinating and on the money.

Randy Hirt says

A very different way to look at pain

Btw, don't buy Kindle version of this book because it doesn't contain audio, as others have noted.

With that said, the book is thoughtful, insightful and obviously written by a practitioner who has experienced the trials and tribulations and yes triumphs of the pain recovery process.
