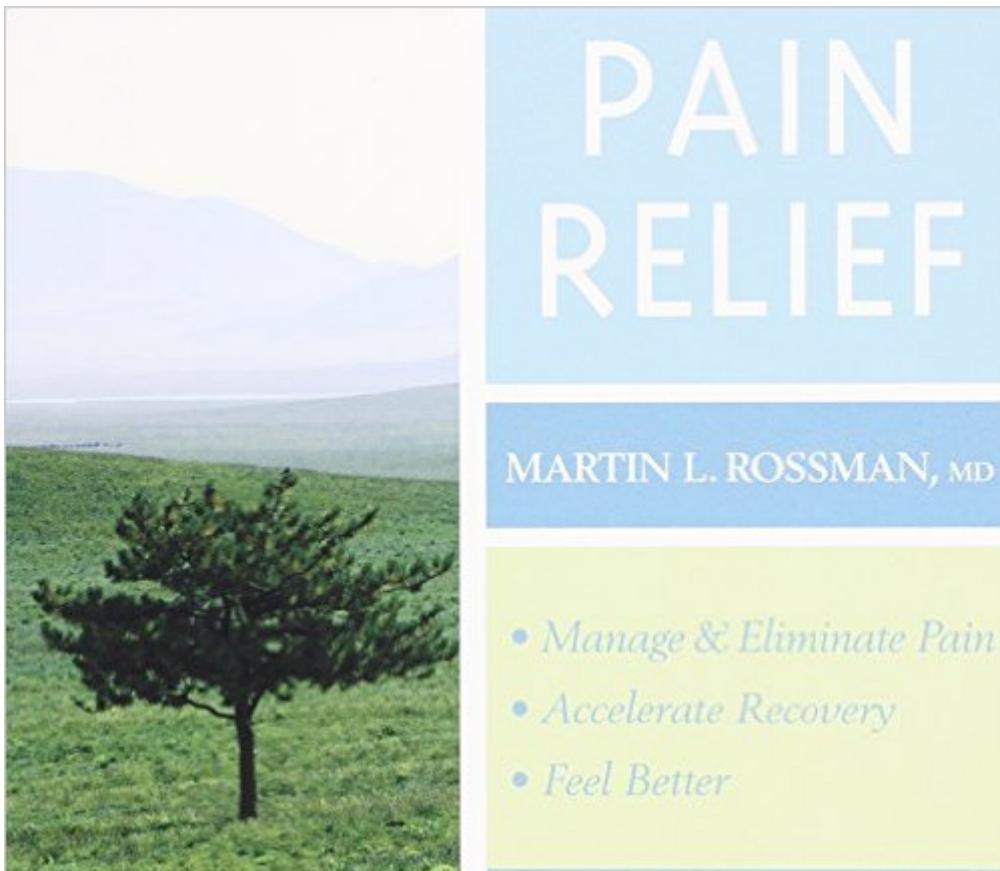


The book was found

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



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 [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!! I 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.

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