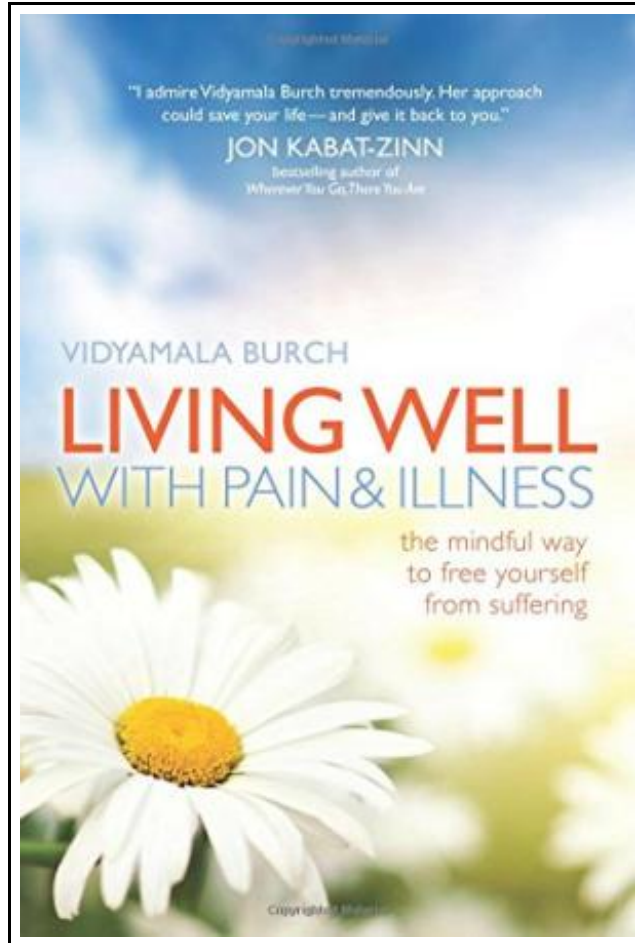


Living Well with Pain and Illness: The Mindful Way to Free Yourself from Suffering



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Reviews

Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be he best publication for at any time.


(Prof. Ron Gaylord II)


LIVING WELL WITH PAIN AND ILLNESS: THE MINDFUL WAY TO FREE YOURSELF FROM SUFFERING



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Sounds True Inc. Paperback / softback. Book Condition: new. BRAND NEW, Living Well with Pain and Illness: The Mindful Way to Free Yourself from Suffering, Vidyamala Burch, After two serious spinal injuries, Vidyamala Burch found herself facing the loneliness of disability and chronic pain with few skills or resources to turn to. But instead of giving up, she set out on a mission to embrace her physical challenges with compassion, acceptance, and peace. Living Well with Pain and Illness shares the fruits of her courageous life's work, teaching us how the practice of mindfulness can help us thrive in the face of health challenges of any kind. Drawing on the wisdom of a dozen years teaching meditation and a lifetime of study of the benefits of mindful living, Vidyamala encourages readers with insights and instruction in: The five-step model of mindfulness and how to use it to foster healing. The Breathworks approach to meditation, and how to apply it to health concerns such as migraines, arthritis, and chronic fatigue.

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