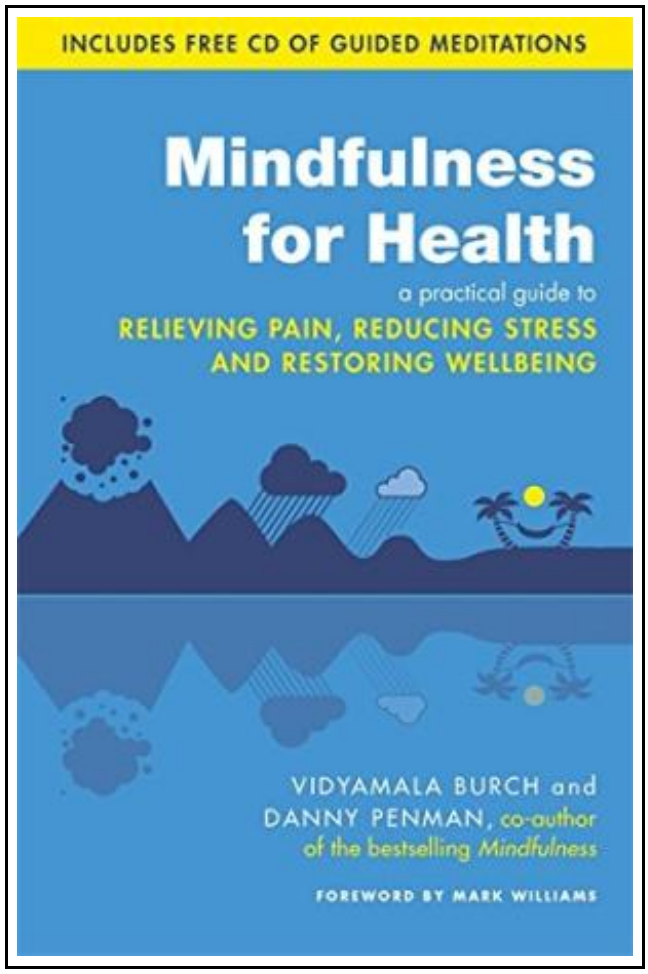
Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing



Filesize: 6.49 MB

Reviews

I just started out looking over this ebook. it was writtern extremely perfectly and useful. You are going to like the way the blogger publish this book.
(Micaela Kutch)

MINDFULNESS FOR HEALTH: A PRACTICAL GUIDE TO RELIEVING PAIN, REDUCING STRESS AND RESTORING WELLBEING

DOWNLOAD

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing, Danny Penman, Vidyamala Burch, WINNER OF BEST BOOK (POPULAR MEDICINE) AT THE BRITISH MEDICAL ASSOCIATION'S BOOK AWARDS 2014 Pain, suffering and stress can be intolerable - but it doesn't have to be this way. Mindfulness for Health reveals a series of simple practices that you can incorporate into your daily life to relieve chronic pain and the suffering and stress of illness. Clinical trials show that mindfulness meditation can be as effective as prescription painkillers and also enhances the body's natural healing systems. Mindfulness can also reduce the anxiety, depression, irritability, exhaustion and insomnia that can arise from chronic pain and illness. Mindfulness for Health is based on a unique meditation programme developed by Vidyamala Burch to help her cope with the severe pain of spinal injury. Taught at Breathworks in the UK - and its affiliates around the world - this programme has helped tens of thousands of people cope with pain, illness and stress. Breathworks' pioneering approach is praised by Professor Mark Williams of Oxford University, Jon Kabat-Zinn and Professor Lance McCracken of King's College London. The eight-week programme at the heart of this book takes just 10-20 minutes per day. It is particularly effective for the biggest causes of pain - back problems, arthritis, migraine and diabetes but works equally well for cancer (and its associated chemotherapy), heart disease, fibromyalgia, celiac disease, lupus, chronic fatigue syndrome, IBS, labour pain and even tinnitus. You will be surprised by how quickly your suffering melts away, leaving you able to live life to the full again.

Read Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing Online
Download PDF Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing

Related eBooks



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

Read Document »



Very Short Stories for Children: A Child's Book of Stories for Kids

Paperback. Book Condition: New. This item is printed on demand. Item doesn't include CD/DVD.

Read Document »



The Werewolf Apocalypse: A Short Story Fantasy Adaptation of Little Red Riding Hood (for 4th Grade and Up)

2015. PAP. Book Condition: New. New Book. Delivered from our US warehouse in 10 to 14 business days. THIS BOOK IS PRINTED ON DEMAND.Established seller since 2000.

Read Document »



Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how...

Read Document »



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to...

Read Document »