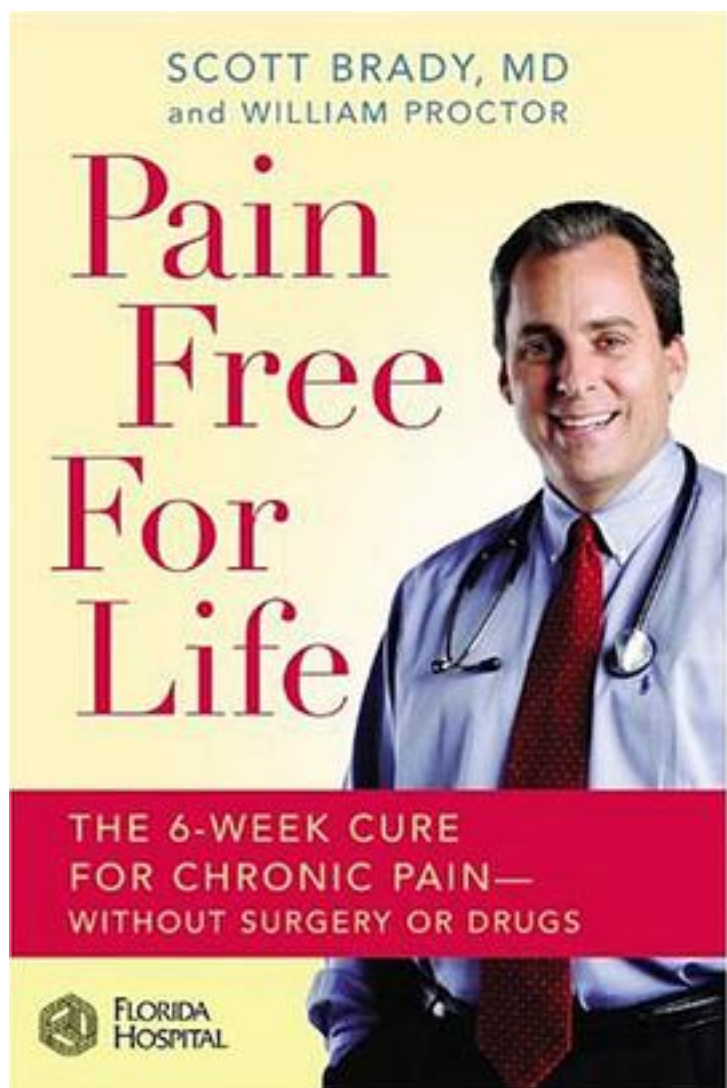


Pain Free for Life



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More than fifty million Americans suffer today from chronic pain. Dr. Scott Brady was one of them. Doctors told him he would live with his back pain for the rest of his life. Having exhausted all options offered by conventional medicine, Dr. Brady overcame his pain using a mind-body-spirit approach in an incredible four weeks. In 2000, he founded the Brady Institute, where more than 80 percent of his patients have achieved 80 100 percent pain relief, without surgery or drugs.

In PAIN FREE FOR LIFE, Dr. Brady sets a clear course for readers to diagnose what is really causing their pain autonomic overload syndrome, which is brought on by the repression of harmful negative emotions with profiles of pain-prone personalities and an innovative spiritual health inventory. He reveals the techniques behind his remarkably effective recovery plan, including the practice of depth journaling and prescriptions to boost the power of personal belief.

Dr. Brady s approach has helped his patients overcome such conditions as chronic back pain, nagging neck and shoulder pain, migraine or tension headaches, muscle pain, irritable bowel syndrome, insomnia, and many other chronic pain-associated ailments.

The principles and techniques described in PAIN FREE FOR LIFE will be illustrated by in-depth case studies. His proven 6-week program produces results in as little as thirty minutes a day.

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