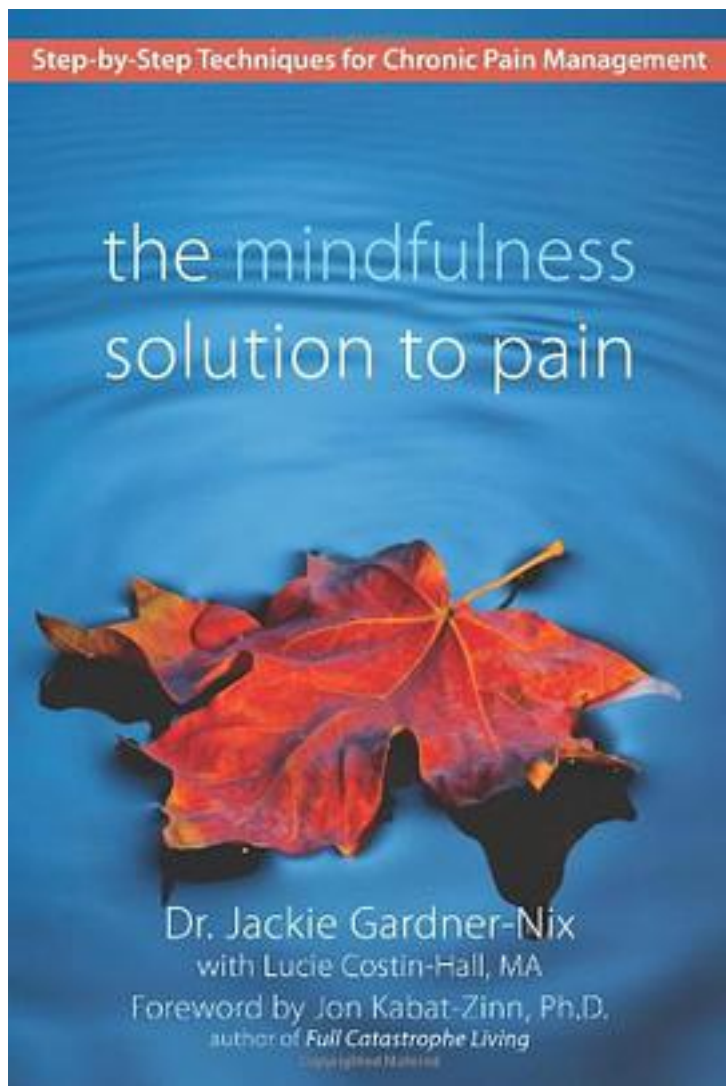


The Mindfulness Solution to Pain



[The Mindfulness Solution to Pain_下载链接1](#)

著者:Gardner-Nix, Jackie

出版者:

出版时间:2009-1

装帧:

isbn:9781572245815

In this book a pain specialist and mindfulness based stress reduction (MBSR) teacher offers techniques proven to reduce chronic pain and suffering using mindfulness meditation exercises based on the pioneering work of Jon Kabat-Zinn. The programme is based on the MBSR work of Jon Kabat-Zinn and modified for the chronic pain population and it was presented at the Mindfulness conference in Boston earlier this year, when Kabat-Zinn explicitly approved of the work. Mindfulness based therapy is the hot topic at the moment. From the outset, the authors explain the science behind why the mind is so important in managing pain, and describe functional MRI studies that will interest the reader immediately. Initial chapters introduce the readers to how the mind processes pain, the role of their biography and genetics, the physiology of their fight and flight responses, which in chronic pain sufferers have become chronic but usually not perceived by the sufferer, and the role of these chronic responses in impairing healing, sleep, and other important bodily functions. Readers are introduced to the concepts of mindfulness and meditation. Movement meditations will be discussed early, as some may not manage 'still' meditation poses. Readers are coached to do five-minute meditations to start with. For the first week of the programme they will be asked to look at factors which increase or bring on their pain, factors that are neutral, and factors that help it.

作者介绍:

目录:

[The Mindfulness Solution to Pain 下载链接1](#)

标签

评论

[The Mindfulness Solution to Pain 下载链接1](#)

书评

[The Mindfulness Solution to Pain_下载链接1](#)